Apple Watch For Beginners

Get started with Watch & watchOS

Over 590 Tips & Hints inside

- ✓ Jargon-free Tips & Advice
- ✓ Step-by-step Tutorials
- ✓ Clear Full Colour Guides

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Apple Watch For Beginners

Apple Watch For Beginners is the one stop user guide for the new Apple Watch adopter or those who want to learn everything you'll need to get started with Apple's new operating system, watchOS 11. This independent manual is crammed with helpful guides and step-by-step fully illustrated tutorials, written in plain easy to follow English. Over the pages of this publication you will clearly learn everything you need to know about your Apple Watch and its apps by first understanding the watchOS that powers them.

With this unofficial instruction manual at your side no problem will be unsolvable, no question unanswered as you learn, explore and enhance your Watch & watchOS user experience.

Papercut

www.pclpublications.com

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31:47.01
10:09

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87 Follow Stocks
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Citymapper
10:42
Walk to Station
Newton Abbot
28 min (1.3 mi)
Next scheduled times:
11:33, 12:06
Domino's Pizza

Contents

TUE 12
10:09
24° H:31° L:14°
24°
27°
27°
27°
29°
NOW
11
12
13
14
11:30—12:30
Yoga Class
Fitness Centre

System Requirements

The new watchOS 11 operating system requires an iPhone Xs or later running iOS 18, and one of the following Apple Watches:

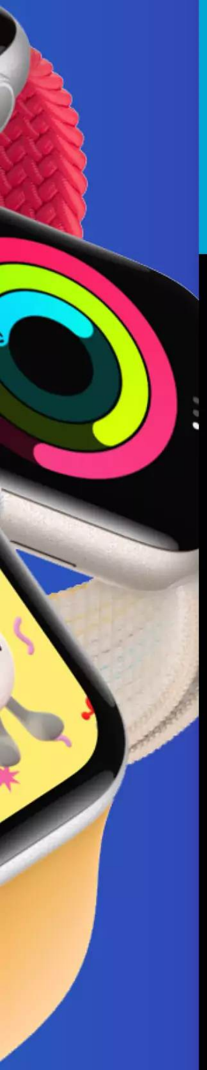
Apple Watch SE (2nd generation)
Apple Watch Series 6
Apple Watch Series 7
Apple Watch Series 8

Apple Watch Series 9
Apple Watch Series 10
Apple Watch Ultra
Apple Watch Ultra 2

Some features are unavailable on older devices.

10:09
31:47.01
30 MIN AGO
NOW
361
160
209FT ELEV GAINED
361FT ELEV
< Cris
Where should we go for a ride?
How about the riverfront?
< Current
Heart Rate
68 BPM
75 BPM, 2m ago
12 AM
6 AM
12 PM
6 PM
104
52
WED 7
10:09
Activity
Efecto
Bad Bunny
Un Verano Sin Ti
70
57
75

First Steps with Your Watch

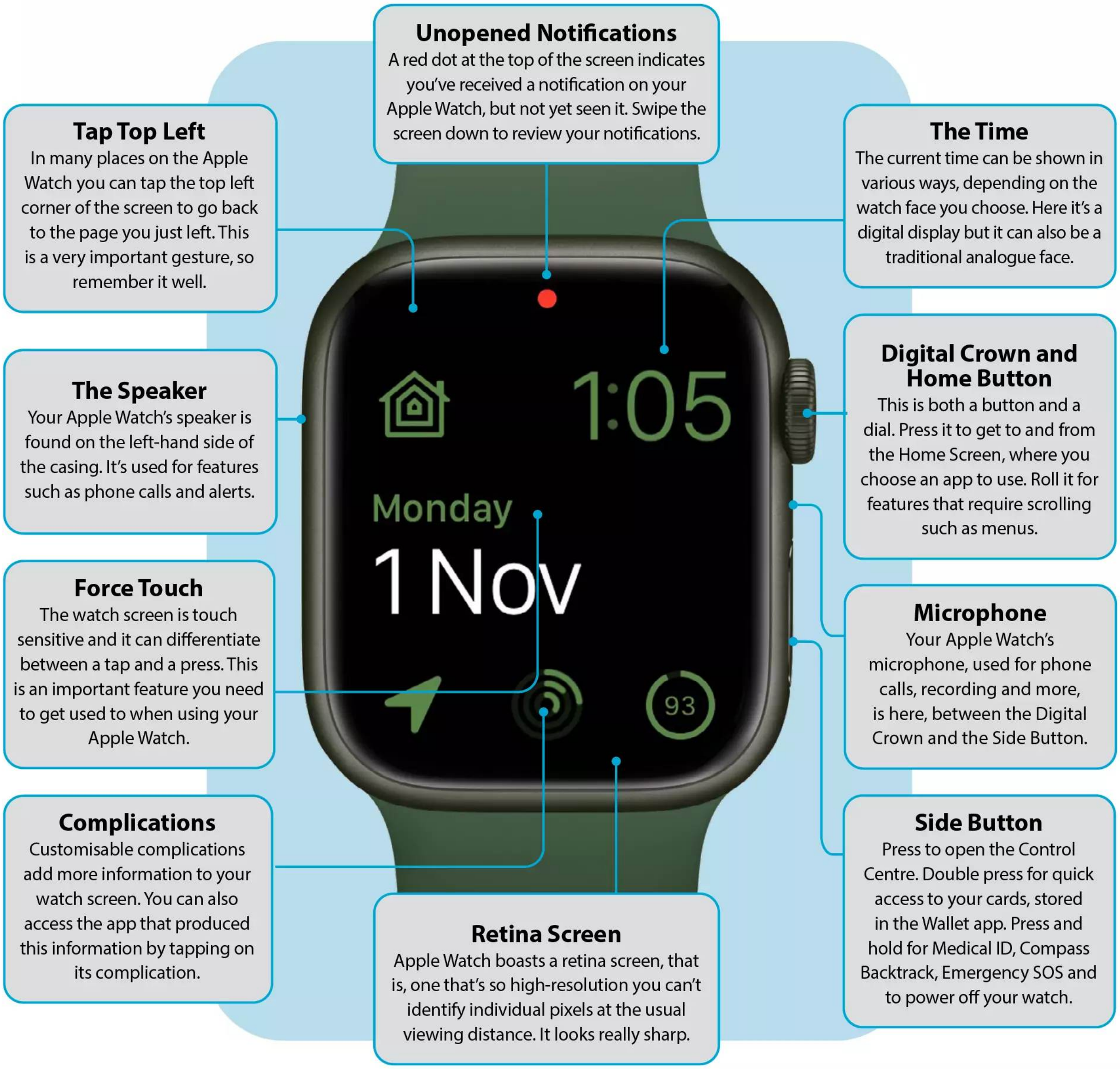


Beginners should start here. In fact, everyone should start here. However long you've been using your Apple Watch, you might find something new. We show you how to get started with your Apple Watch, how to set it up, its key features such as the watch face, Control Centre and Gestures, and more. Look out too for changes in the Smart Stack, which are new to watchOS 11!

Learn more >

What’s Where on Your Watch

The controls on your Apple Watch are fairly straightforward, with two buttons on the right of the casing and a tough, durable Force Touch crystal covering the screen. But there’s more to the hardware than just the buttons.



Unopened Notifications
A red dot at the top of the screen indicates you’ve received a notification on your Apple Watch, but not yet seen it. Swipe the screen down to review your notifications.

Tap Top Left
In many places on the Apple Watch you can tap the top left corner of the screen to go back to the page you just left. This is a very important gesture, so remember it well.

The Time
The current time can be shown in various ways, depending on the watch face you choose. Here it’s a digital display but it can also be a traditional analogue face.

The Speaker
Your Apple Watch’s speaker is found on the left-hand side of the casing. It’s used for features such as phone calls and alerts.

Digital Crown and Home Button
This is both a button and a dial. Press it to get to and from the Home Screen, where you choose an app to use. Roll it for features that require scrolling such as menus.

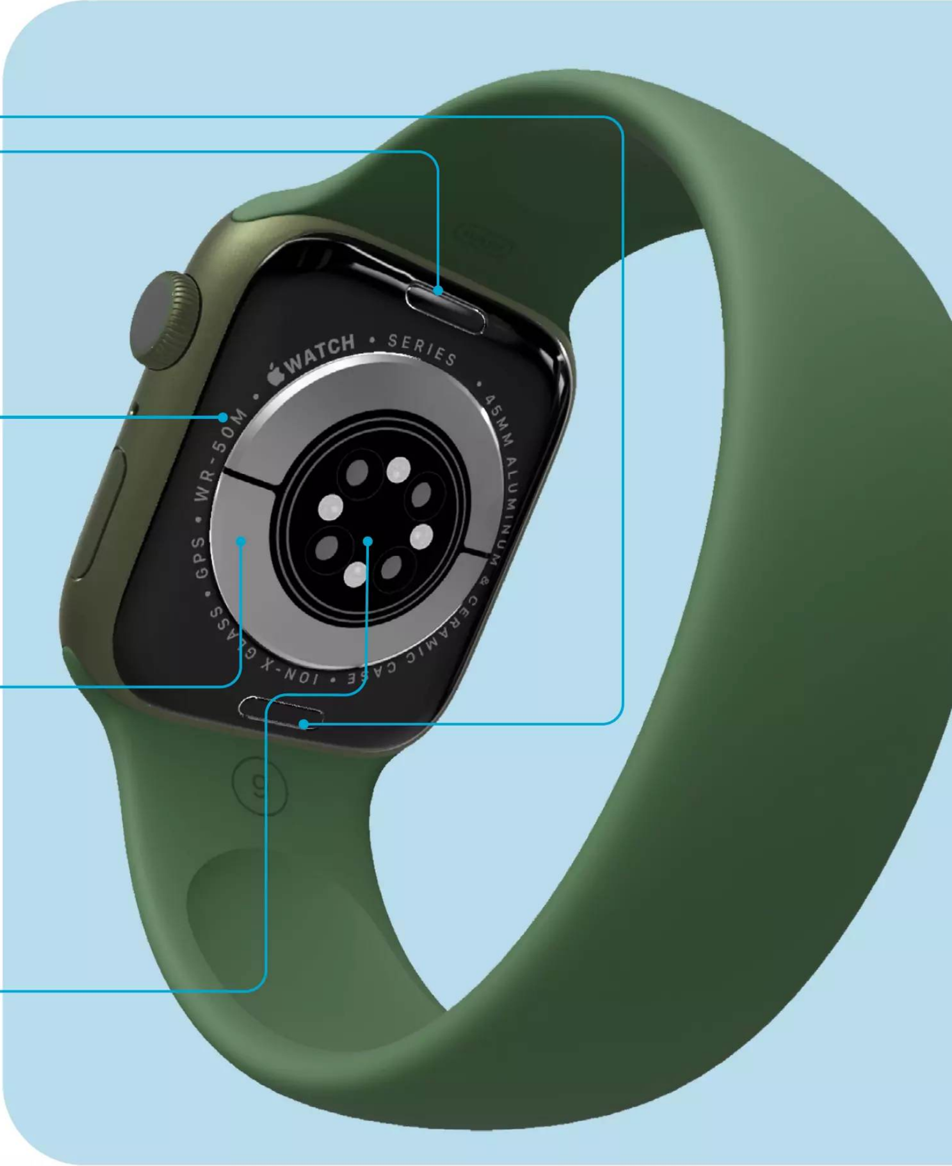
Force Touch
The watch screen is touch sensitive and it can differentiate between a tap and a press. This is an important feature you need to get used to when using your Apple Watch.

Microphone
Your Apple Watch’s microphone, used for phone calls, recording and more, is here, between the Digital Crown and the Side Button.

Complications
Customisable complications add more information to your watch screen. You can also access the app that produced this information by tapping on its complication.

Retina Screen
Apple Watch boasts a retina screen, that is, one that’s so high-resolution you can’t identify individual pixels at the usual viewing distance. It looks really sharp.

Side Button
Press to open the Control Centre. Double press for quick access to your cards, stored in the Wallet app. Press and hold for Medical ID, Compass Backtrack, Emergency SOS and to power off your watch.


WATCH • SERIES
• 45MM ALUMINUM & CERAMIC CASE • ION-X GLASS • GPS • WR-50M •

Strap Release Buttons
Press one of these buttons down with your thumbnail and you can remove the strap by sliding it left and right. To replace it, just slide it back in without pressing the button.

Information
Details about your watch, such as its series and size, are written around the sensors.

Electrical Heart Sensor
The Electrical Heart Sensor and the ECG app can take an electrocardiogram, or ECG, giving you invaluable information on the health of your heart.

Blood Oxygen and Optical Heart Sensor
The Blood Oxygen Sensor measures the percentage of oxygen your red blood cells carry from your lungs to the rest of your body. The Optical Heart Sensor checks your heart rate.

Watch Tech:
The Taptic Engine

At the heart of the Apple Watch is Apple’s innovative Taptic Engine. In a nutshell it’s a linear actuator that produces haptic feedback. This is what gives you that little vibration buzz on your wrist when a notification comes in. Open the Watch app on your iPhone and go to My Watch > Sounds & Haptics and you can configure it to suit your needs too. You can also switch it off altogether if you really don’t like it but you’ll probably find it a very useful feature on your technology packed Apple Watch.

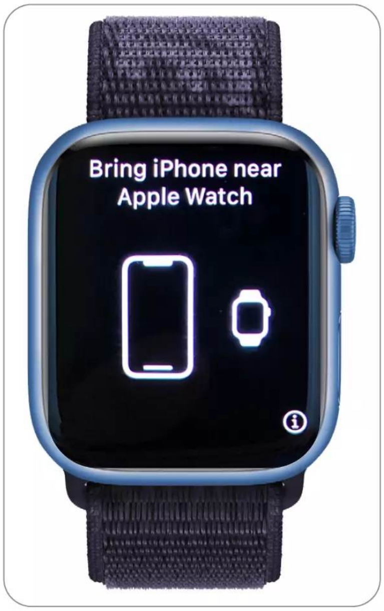
TAPTIC ENGINE

Getting Started with Watch

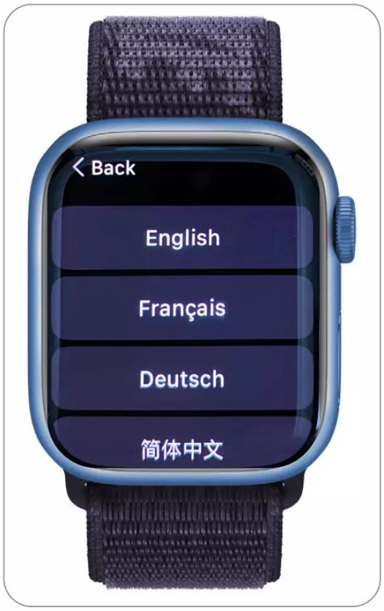
So you've left the Apple Store with your brand new Apple Watch tucked under your arm. But what do you do now? How do you pair your watch with your iPhone, set it up and get it ready for everyday use? Here we show you how to set it up out of the box, and then take you through the stages of setting up your brand new Apple Watch, pairing it with a new iPhone and more.

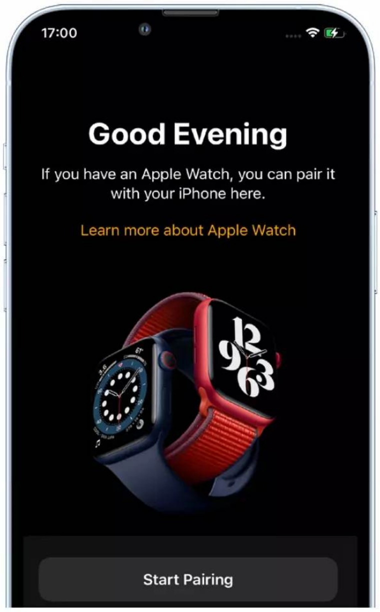
First-time Set-up with a New Watch

Apple Watch Ultra 2, Apple Watch Series 9 and Apple Watch SE require an iPhone Xs or later with iOS 17 or later. Older Apple Watches can get by with earlier iPhones. Apple Watch is only compatible with iPhone.



Bring iPhone near Apple Watch





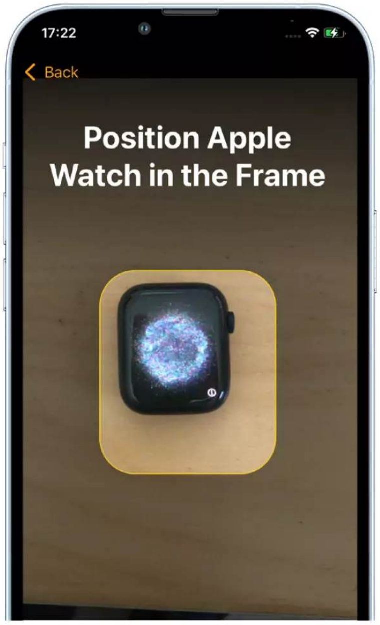
Good Evening

If you have an Apple Watch, you can pair it with your iPhone here.

1 If your watch is switched off, press and hold the side button to switch it on. It invites you to make sure your Apple Watch and iPhone are in close proximity. On your iPhone, open the Apple Watch app and make sure My Watch is selected at the bottom.

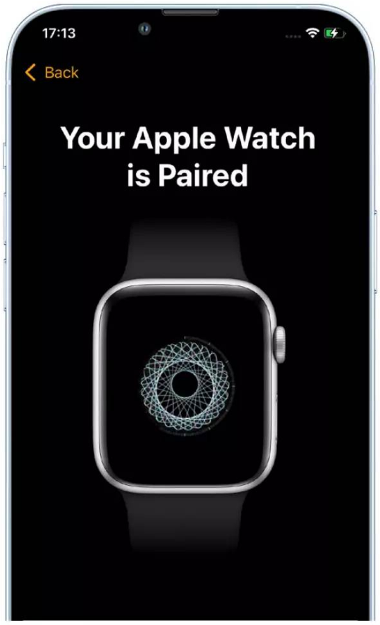
2 If you wish to choose a language at this stage, tap the 'i' in the circle, found in the bottom-right corner of the watch screen, and choose from the languages available. Scroll up and down the main list with the digital crown; just turn it to scroll through them.

3 On your iPhone, open the Apple Watch app, and make sure you're on My Watch, found at the bottom of the screen. Tap Start Pairing, then choose whether to set it up for you or a family member, (assuming you use Family Sharing on the iPhone).



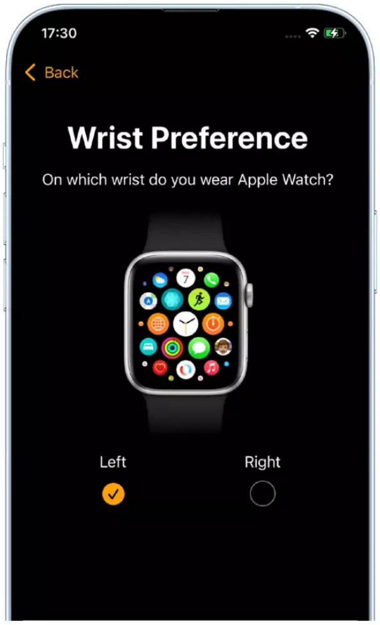
Position Apple Watch in the Frame

4 This is what you now see on your phone. You must hold it over your watch, which will show a swirling pattern. Keep the watch screen inside the yellow box on your iPhone screen. Hold it steady and keep it in place, and your devices are soon paired.



Your Apple Watch is Paired

5 If there's a software update available for your Apple Watch, you're invited to install it now. You can choose to do so, or do it later. You're then told your Apple Watch is paired. Tap the button that says Set Up Apple Watch, and you're taken through a few settings.

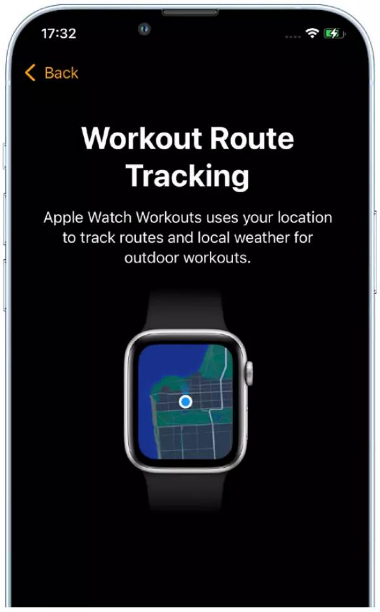


Wrist Preference

On which wrist do you wear Apple Watch?

Left ✓
Right ○

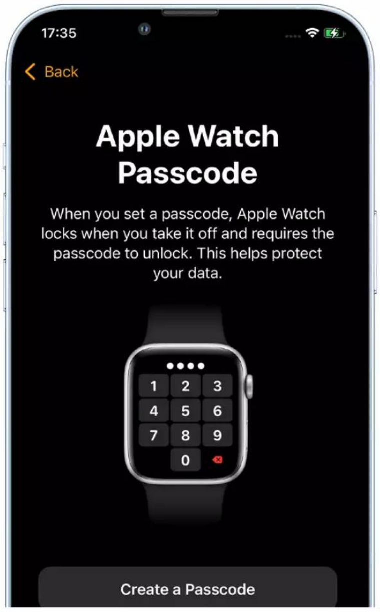
6 Follow the on-screen instructions and set the wrist on which you intend to wear your Apple Watch. Then you're shown the Terms and Conditions, which you must accept; tap Agree, then again in the pop-up window to move on to the next screen.



Workout Route Tracking

Apple Watch Workouts uses your location to track routes and local weather for outdoor workouts.

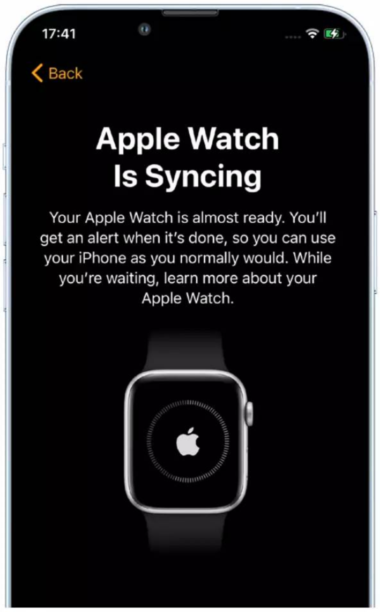
7 Workout Route Tracking lets your Apple Watch use your locations to track routes for when you're out walking, cycling or jogging. It also keeps track of the local weather. Choose whether you want to enable or disable this, then tap the relevant option.



Apple Watch Passcode

When you set a passcode, Apple Watch locks when you take it off and requires the passcode to unlock. This helps protect your data.

8 There then follows a series of settings to choose. Just follow the on-screen instructions as you go. When you get to the passcode option, if you choose to add one (which you should), you need to enter it twice on your Apple Watch before proceeding.



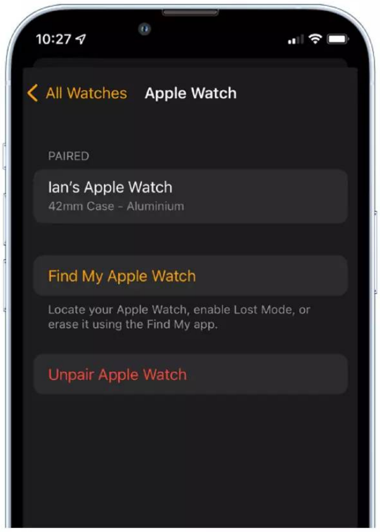
Apple Watch Is Syncing

Your Apple Watch is almost ready. You'll get an alert when it's done, so you can use your iPhone as you normally would. While you're waiting, learn more about your Apple Watch.

9 Eventually, you get to this screen, which shows your Apple Watch is syncing with your iPhone. It takes a while, with the white circle on around the Apple logo (on the watch and the iPhone), showing progress. When it's done, the setup process is complete.

Upgrading Your Watch

If you already own and use an Apple Watch, but want to upgrade it to a new one, this is how you go about it. It's a straightforward process where you back up and unpair it, then start again with your new Apple Watch.


10:27

All Watches Apple Watch

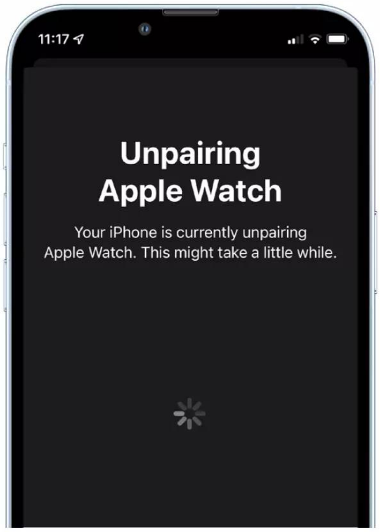
PAIRED

Ian's Apple Watch
42mm Case - Aluminium

Find My Apple Watch

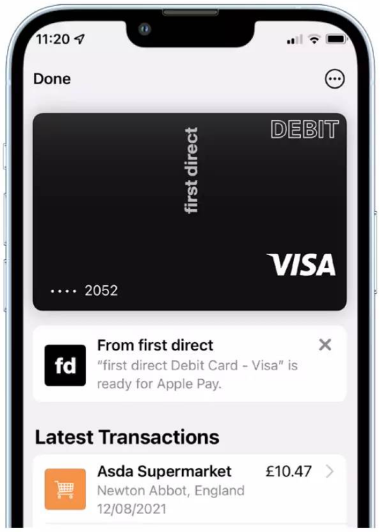
Locate your Apple Watch, enable Lost Mode, or erase it using the Find My app.

Unpair Apple Watch


11:17

Unpairing Apple Watch

Your iPhone is currently unpairing Apple Watch. This might take a little while.


11:20

Done

DEBIT
first direct
VISA
•••• 2052

From first direct
"first direct Debit Card - Visa" is ready for Apple Pay.

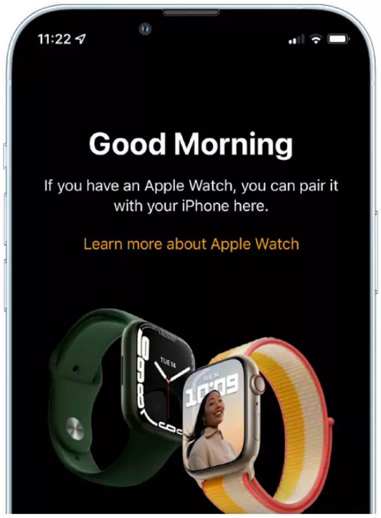
Latest Transactions

Asda Supermarket Newton Abbot, England 12/08/2021	£10.47

1 To back up your Apple Watch, first go into the Watch app on your phone. In the My Watch tab (bottom left), tap All Watches (top left), tap the 'i' icon next to your old watch, then tap Unpair Apple Watch and confirm. Make sure your watch and your phone are in close proximity.

2 Enter your Apple ID password and the watch is backed up to your iPhone. A backup contains app specific data, your watch faces, Wi-Fi network settings, brightness, sound and haptic settings, languages, your time zone and settings for Mail, Calendar, Stocks and Weather.

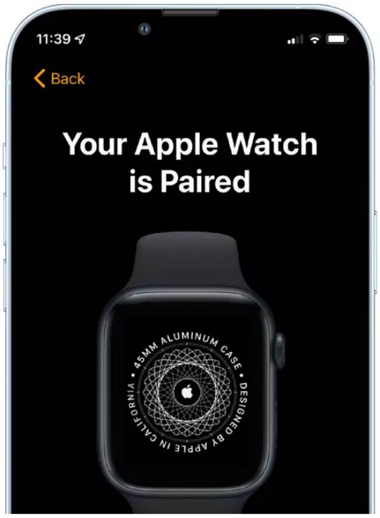
3 A backup does not contain Bluetooth pairings, your Apple Watch passcode, credit or debit cards saved for use with Apple Pay or playlists synced to your Apple Watch; all these things will have to be re-entered manually when you pair a watch with your iPhone again.


11:22

Good Morning

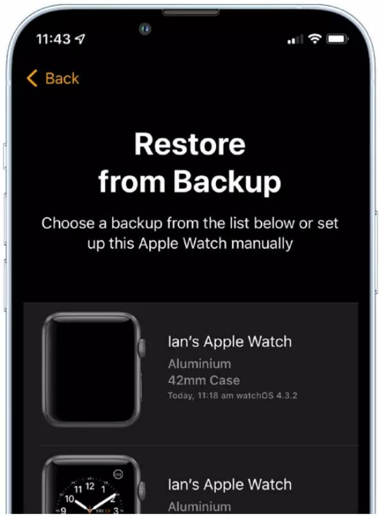
If you have an Apple Watch, you can pair it with your iPhone here.

Learn more about Apple Watch


11:39

Back

Your Apple Watch is Paired


11:43

Back

Restore from Backup

Choose a backup from the list below or set up this Apple Watch manually

Ian's Apple Watch
Aluminium
42mm Case
Today, 11:18 am watchOS 4.3.2

Ian's Apple Watch
Aluminium

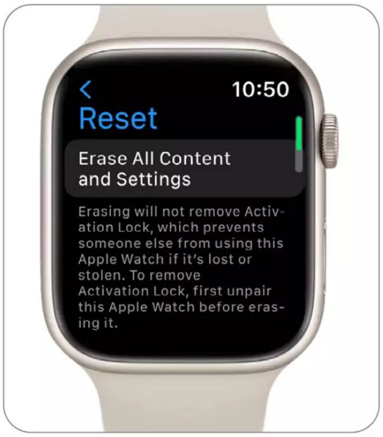
4 On your iPhone, open the Watch app. You'll see this screen, as you no longer have an Apple Watch paired with your phone. With your Apple Watch and your iPhone in close proximity, tap the Start Pairing button.

5 Follow the on-screen instructions to pair your watch with your iPhone, as described in our First-time Set-up tutorial. You're then asked whether to restore from backup or set up as a new watch. Choose the former.

6 Choose a backup to restore. This will probably be the one at the top of the list, that is, the one you made earlier in this tutorial. Tap it, tap Continue and your backup is restored to your new Apple Watch.

Restoring Watch to Factory Settings

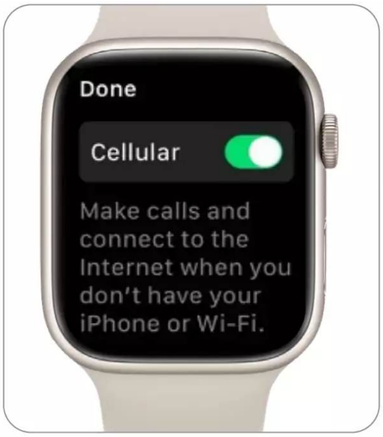
If you upgrade your Apple Watch, what do you do with your old one? Here's a guide to restoring it to factory settings, that is, wiping it clean ready to start again, so you can sell it or give it away to a friend or family member.



Erase All Content and Settings

Erasing will not remove Activation Lock, which prevents someone else from using this Apple Watch if it's lost or stolen. To remove Activation Lock, first unpair this Apple Watch before erasing it.

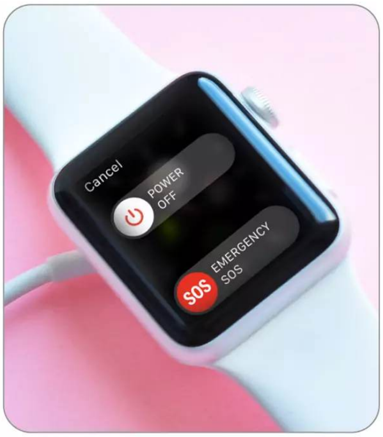
1 On your Apple Watch, open the Settings app and then tap General. On the next screen, tap Reset. Choose the Erase All Content and Settings option, and then enter your Apple Watch's passcode.



Cellular

Make calls and connect to the Internet when you don't have your iPhone or Wi-Fi.

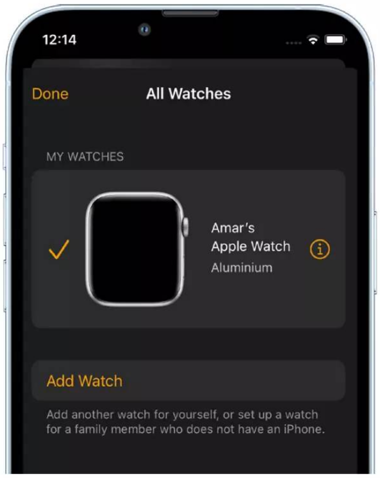
2 If you have a watch with a cellular option, you can then choose to Erase All or Erase All & Keep Plan. If you intend to carry on using the watch, choose the latter. If you're disposing of it, choose the former.



3 If you've forgotten your Apple Watch passcode, place your watch on its charger and hold the side button until you see Power Off. Press and hold the digital crown, and then tap Reset.

Pairing with a New iPhone

If you upgrade your iPhone but want to carry on using your current Apple Watch, first make sure both your iPhone and your Apple Watch are fully charged. Then follow these instructions...

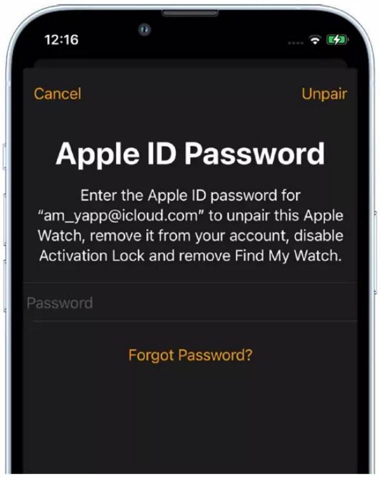


Amar's Apple Watch
Aluminium

Add Watch

Add another watch for yourself, or set up a watch for a family member who does not have an iPhone.

1 With your Apple Watch and your old iPhone in close proximity, open the Watch app and in My Watch (bottom left), tap All Watches (top left). Tap the 'i' next to your watch, tap Unpair Apple Watch.



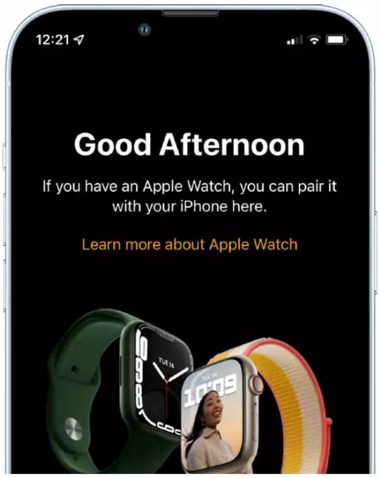
Apple ID Password

Enter the Apple ID password for "am_yapp@icloud.com" to unpair this Apple Watch, remove it from your account, disable Activation Lock and remove Find My Watch.

Password

Forgot Password?

2 Confirm you want to unpair, and then type in your Apple ID password to remove the watch from your account. Your watch is unpaired from your old iPhone; this might take some time.



Good Afternoon

If you have an Apple Watch, you can pair it with your iPhone here.

Learn more about Apple Watch

3 When you're done, on your new iPhone (when you've set it up), open the Apple Watch app and open the Watch app. You can now pair your Apple Watch with your new iPhone in the usual way.

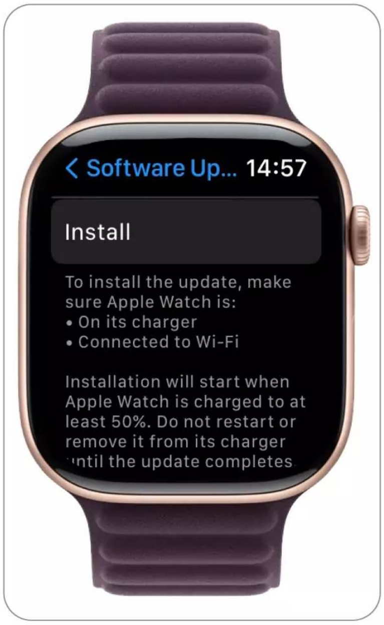
Updating watchOS on Your Watch

1:56
Software Update
watchOS 11
Apple Inc.
1.7 GB
Estimating time remaining...
watchOS beta gives you an early preview of upcoming apps, features

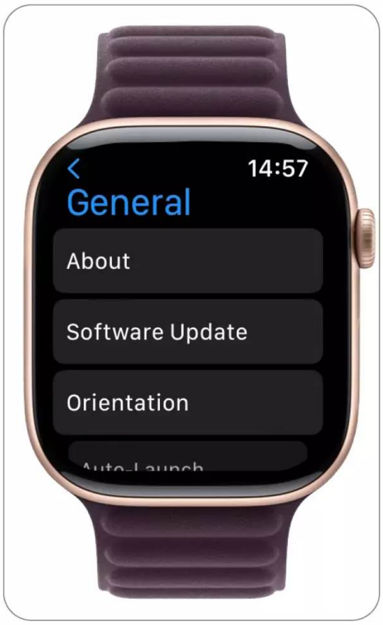
watchOS is the operating system on which the Apple Watch runs. It underpins everything that happens on your Apple Watch. watchOS is regularly updated by Apple, and when there's a new version available, you get a notification. You can then update your Apple Watch directly from the watch itself, or through your iPhone's Watch app. Here's how.

On Your Watch

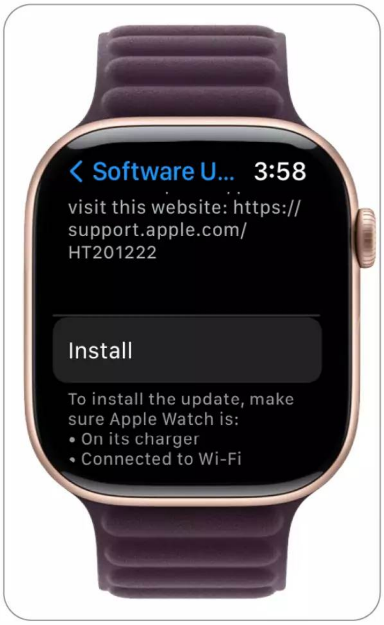
If your Apple Watch is already running watchOS 6 or higher, you can update directly from your watch. If it isn't, you might be very out of date. Follow the guide to updating on your iPhone instead.



Software Up... 14:57
Install
To install the update, make sure Apple Watch is:
• On its charger
• Connected to Wi-Fi
Installation will start when Apple Watch is charged to at least 50%. Do not restart or remove it from its charger until the update completes



14:57
General
About
Software Update
Orientation
Auto-Launch



Software U... 3:58
visit this website: https://support.apple.com/HT201222
Install
To install the update, make sure Apple Watch is:
• On its charger
• Connected to Wi-Fi

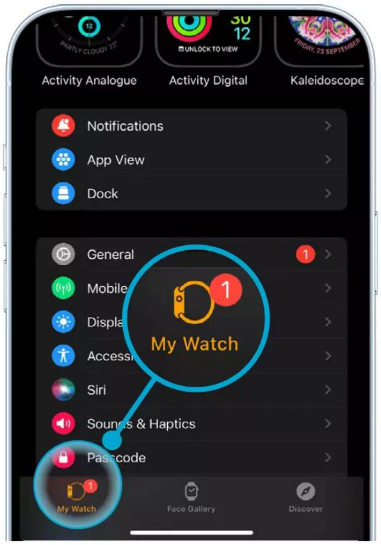
1 If you get a notification like this, there's a new version of watchOS you can install on to your Apple Watch. To install overnight, scroll up and tap Install Tonight, then leave your watch on a charger overnight.

2 To install immediately from your Apple Watch, place the watch on your charger, and make sure it's connected to your Wi-Fi network. On your watch, go to Settings > General > Software Update.

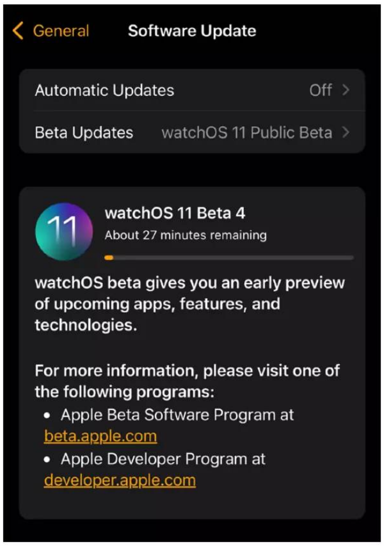
3 On this Software Update screen, scroll up and tap the button marked Install. The install only starts when your watch is 50 percent charged. When it's finished the watch restarts to complete the update.

Update Using Your iPhone

You can update your version of watchOS using your iPhone instead. Make sure your watch is connected to your watch charger throughout the update process, which begins when it's 50 percent charged.



1 On the iPhone with which your Apple Watch is paired, open the Watch app and make sure the My Watch section is open (bottom left). Tap the General link and you'll see Software Update is badged.


< General Software Update

Automatic Updates Off

Beta Updates watchOS 11 Public Beta

watchOS 11 Beta 4
About 27 minutes remaining

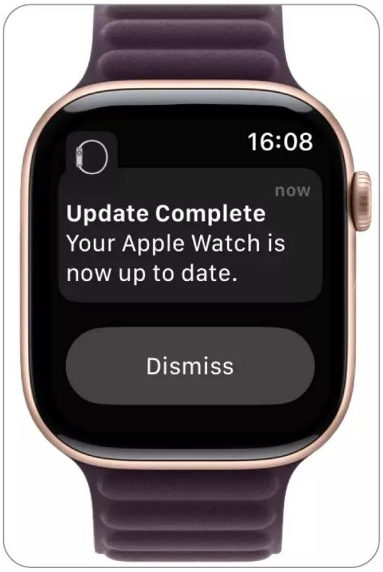
watchOS beta gives you an early preview of upcoming apps, features, and technologies.

For more information, please visit one of the following programs:

- Apple Beta Software Program at beta.apple.com
- Apple Developer Program at developer.apple.com

2 Tap Software Update and you're taken to a screen explaining exactly what's new in the new version of the operating system, with a link to a more complete description on Apple's support site.

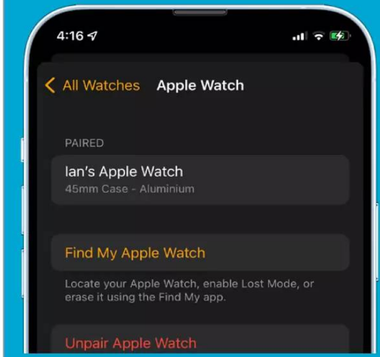
3 Also on this screen is the Install button. Make sure your watch is connected to your charger and at least 50 percent charged. If it's low on power, the update starts when the charge reaches 50 percent.


16:08
now
Update Complete
Your Apple Watch is now up to date.

4 Tap Install, enter your passcode and then Agree to the terms and conditions. The update process starts; it may take some time. Don't remove the watch from its charger until the install is finished.

Need Storage Space?

If you need more free storage space before you can update your Apple Watch, first of all, restart it; press and hold the side button, then press and hold the digital crown. If that fails, try these steps.

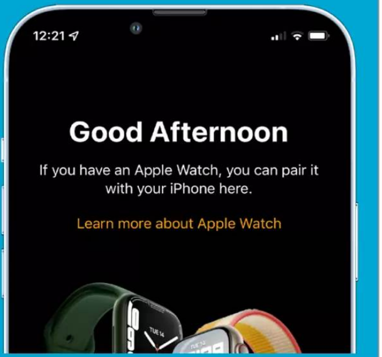


Ian's Apple Watch
45mm Case - Aluminium

Find My Apple Watch

Locate your Apple Watch, enable Lost Mode, or erase it using the Find My app.

Unpair Apple Watch



Good Afternoon

If you have an Apple Watch, you can pair it with your iPhone here.

Learn more about Apple Watch

1 First of all, unpair your Apple Watch from your iPhone. On the phone's Watch app, go to My Watch > All Watches and tap the 'i' icon next to the watch in question. Tap the Unpair link and confirm.

2 Pair your watch with your iPhone again (see the Getting started with Watch tutorial), and set it up as a new watch. Update the watch, then unpair it again. Finally, pair it and choose to Restore from Backup.

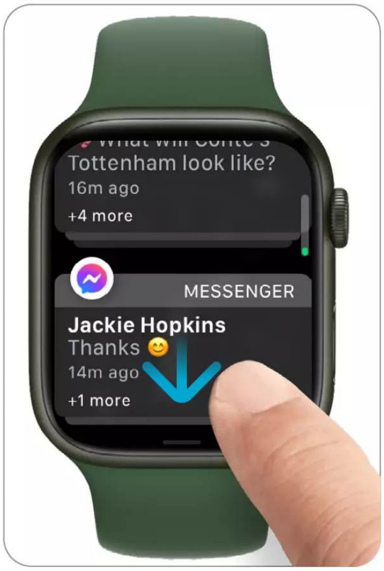
Watch Gestures and Buttons

Apple pioneered gestures with its touchscreen iPhone and iPad, and also with trackpad gestures used to interact with your Mac. It comes as no surprise then that Apple Watch also uses gestures, along with controls offered by the side button and the Digital Crown. Here we take a look at how to use those gestures to operate your watch and what they do.

Interacting With Your Watch

Although the gestures offered by the Apple Watch aren't as advanced or as comprehensive as those used in iOS devices or on the Mac, it's definitely worth taking a little time to familiarise yourself with these controls.

Swipe Down

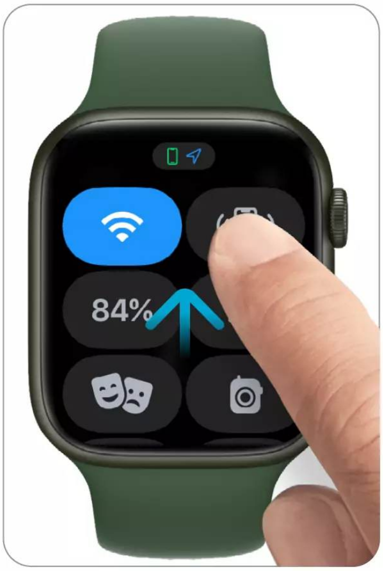


Tottenham look like?
16m ago
+4 more

Jackie Hopkins
Thanks 😊
14m ago
+1 more

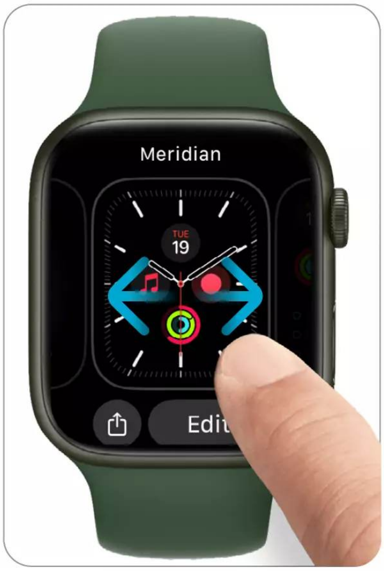
From the main watch screen, swipe down to access the Notification Screen. A red dot at the top of the watch face means you've unread notifications. To get back to the watch screen, swipe up again or press the Digital Crown.

Swipe Up



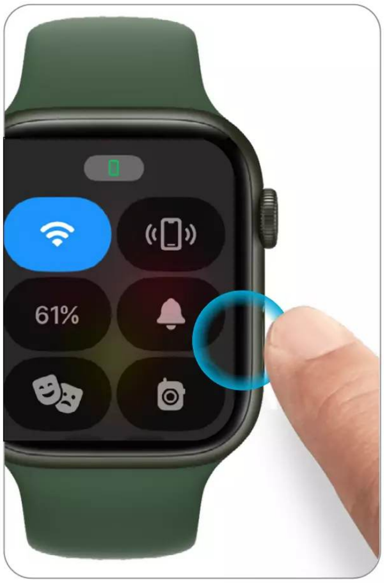
Swiping up from the watch face takes you to its Control Centre. This gives you quick access to controls that silence your watch, turn it into a flashlight, ping your iPhone, turn on Airplane or Theatre Mode and more.

Swipe Sideways



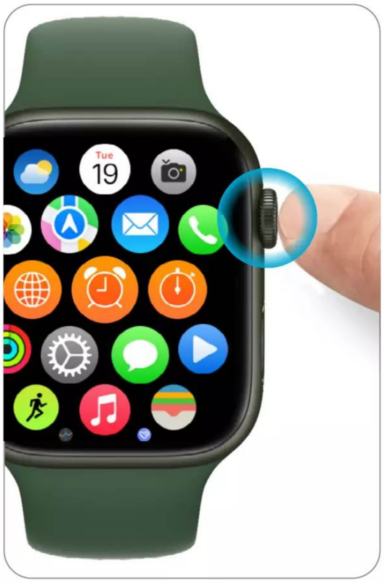
Tap and hold the screen to access the Watch Faces picker. You can then swipe them left and right to find one you like, tap a face to use it or tap Edit to set it up however you like, choosing complications.

The Side Button



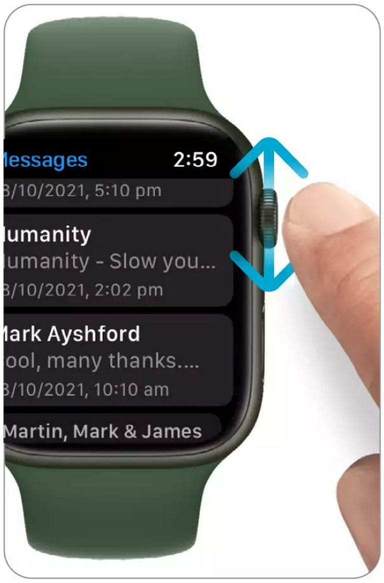
Since watchOS 10, pressing the Side Button gives access to the Control Centre. You can summon the Control Centre whether you're on the main watch face screen or using an app. Roll the Digital Crown to see more.

Press Digital Crown



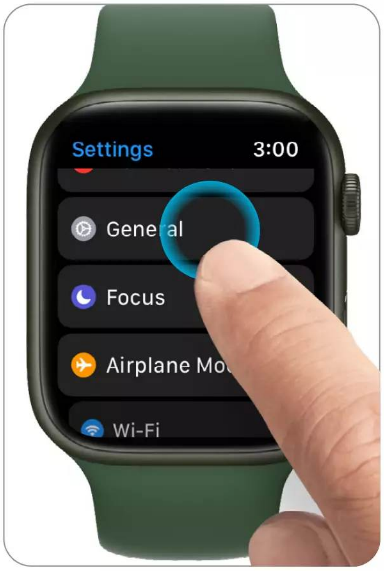
A single press on the Digital Crown takes you to the app screen and back. Turn the Digital Crown to see more app icons. Double pressing lets you access a carousel of recently used apps. Press and hold it for Siri.

Turn Digital Crown


lessages
2:59
3/10/2021, 5:10 pm
lumanity
lumanity - Slow you...
3/10/2021, 2:02 pm
lark Ayshford
ool, many thanks....
3/10/2021, 10:10 am
Martin, Mark & James

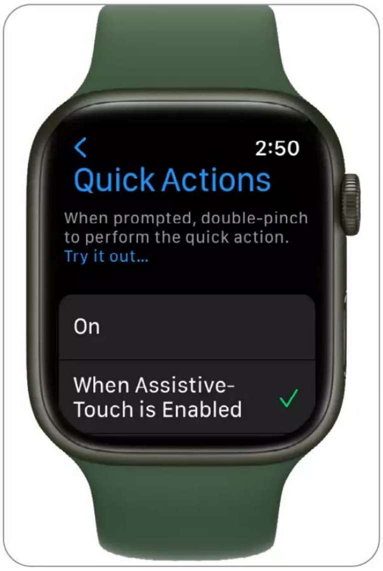
Turn the Digital Crown to scroll through menus, or to zoom in and out of a photo or map, like the iPhone's pinch gesture. It can also scroll through messages and emails, and if used on the watch face, access the Smart Stack.

Tap Screen


Settings
3:00
General
Focus
Airplane Mo
Wi-Fi

The Apple Watch has a touchscreen, so unsurprisingly, its most basic gesture is a simple tap. Do this to operate on-screen buttons and to select options. For example, tap an app icon on the home screen to open it.

Quick Actions


2:50
Quick Actions

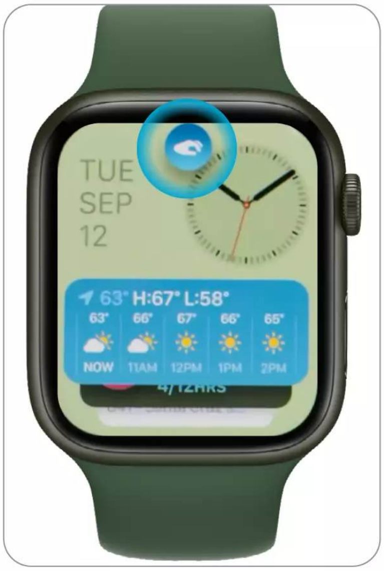
When prompted, double-pinch to perform the quick action.
Try it out...

On

When Assistive-Touch is Enabled ✓

When not in use, the Apple Watch's screen dims, or on older models turns off altogether, to save battery power. To wake it or bring it to full brightness, lift your wrist to your face, tap the screen or press any button.

Double Tap


TUE
SEP
12
63° H:67° L:58°
63° 66° 67° 66° 65°
NOW 11AM 12PM 1PM 2PM

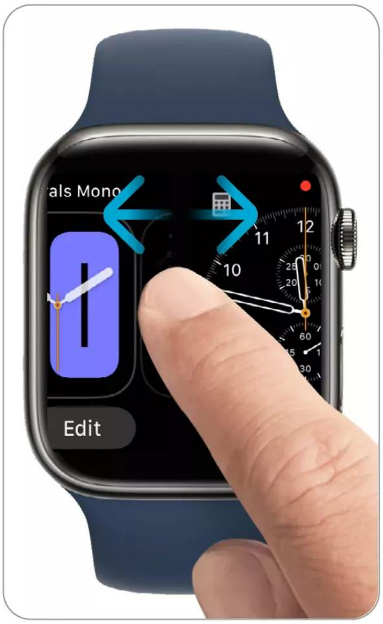
If you have a Series 9 Watch or an Ultra 2, you can use a new gesture. Tapping your thumb and forefinger together, without touching your watch, can answer a call, pause/play music, snooze an alarm, trigger your camera shutter and more.

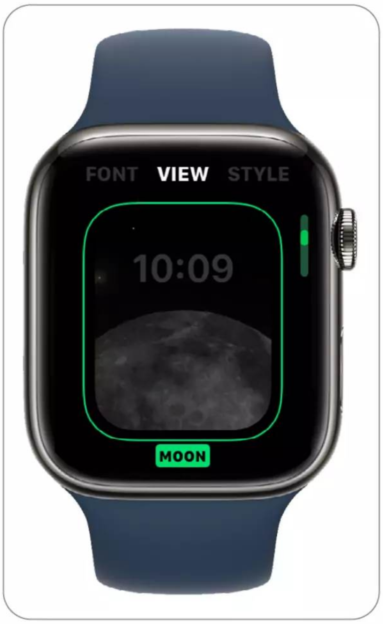
Customising the Watch Face

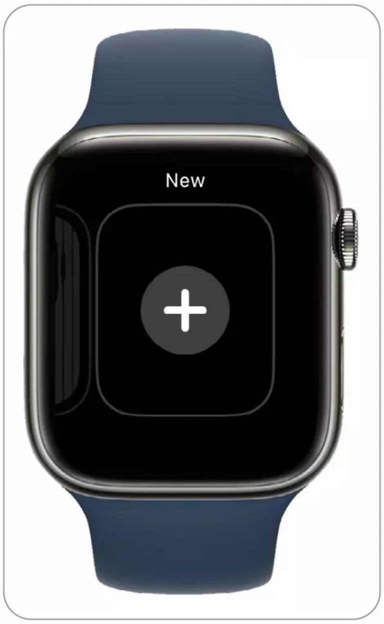
One of the best things about Apple Watch is you can change your watch face. If you get bored with the one you're using, swap it for another. Most of the faces on offer can be customised too, both cosmetically and on a practical level, changing the complications that draw information from Apple Watch's apps. Some faces aren't available on some older models.

Changing Your Watch Face

Changing and customising your watch face is easy. There are currently eleven unique faces to choose from, all of which can be customised, and two options to use your own photographs as a face for your Apple Watch.







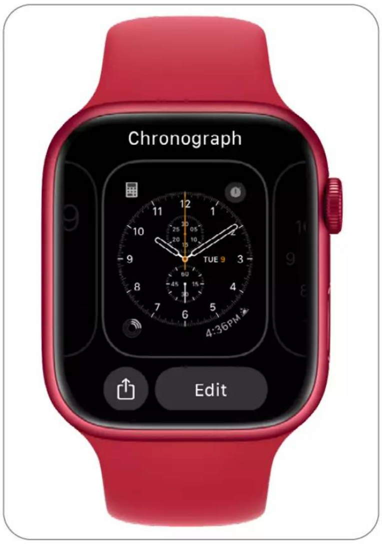
1 To cycle between available faces on your Apple Watch, deep press the watch face until the face picker screen appears, as seen above. Swipe left or right or turn the Digital Crown until you find the face you want.

2 Tap, hold and drag a watch face to reorder, drag one upwards and tap Remove to delete it. When you've chosen your watch face, tap it to use it, or tap the Edit button to get to the editing screen.

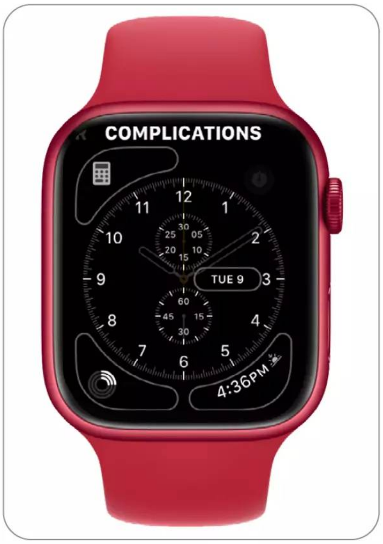
3 To add a new watch face, scroll/swipe all the way to the right and tap the Plus button. You can have up to 50 watch faces active at once – if the Plus button isn't there, you've reached that number.

Choosing and Using Complications

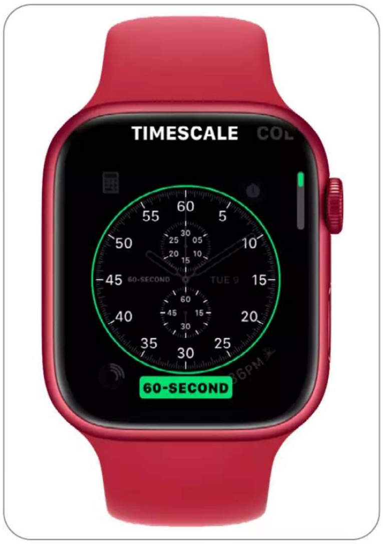
Complications are special features you can add to your watch face. Taking information from the watch's apps, they offer things like calendar appointments, the date and world time at a glance. Here's how to use them.


Chronograph
TUE 9
4:36PM
Edit

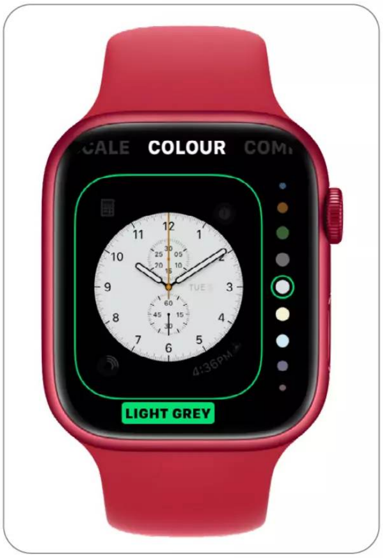
1 Complications give you information gleaned from Apple Watch apps at a glance, and also an easy way of opening the app that produced them. To edit your complications, first tap and hold the screen.


COMPLICATIONS
TUE 9
4:36PM

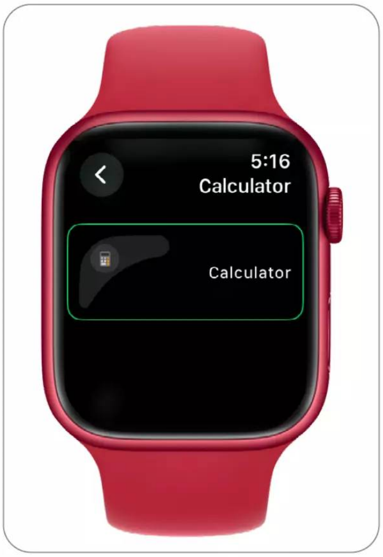
2 Tap the Edit button. Swipe left and right to see what you can customise. Scroll up and down using the Digital Crown to see the variations, in real time. Settle on the one you want.


TIMESCALE
COL
60-SECOND

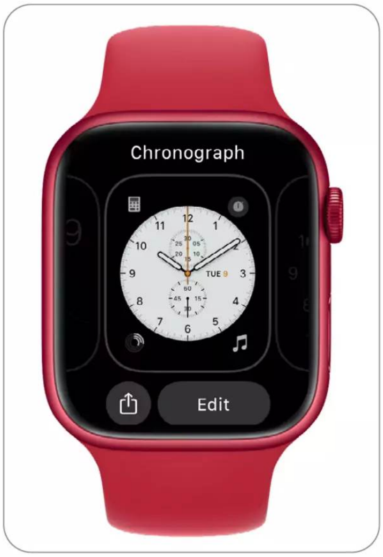
3 A lot of watch faces let you change various on-screen colours too. It could be as much as the entire background, or as little as a second hand, but you change it with the Digital Crown.


CALE
COLOUR
COM
LIGHT GREY

4 Swipe to the Complications screen. The Complications are outlined, so you can see where they are. The number of Complications and their position on the screen varies between watch faces.


5:16
Calculator
Calculator

5 Tap one of the Complications on the watch face. You can change the app Complication by scrolling up and down with the Digital Crown. Complications are listed in alphabetical order.


Chronograph
TUE 9
Edit

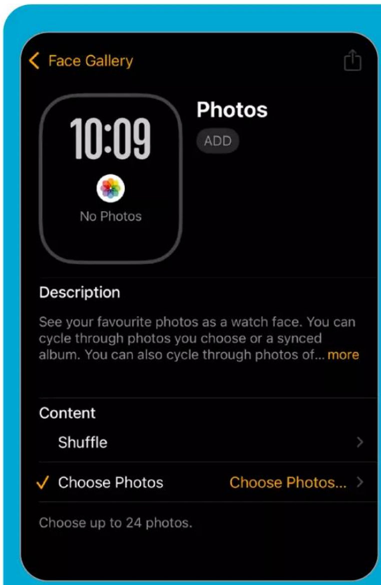
6 When you've finished, and the watch face is set up exactly how you want it, press the Digital Crown to go back to the Edit and Share screen. Tap the watch face (or press the Digital Crown), to use your new watch face.

Palette and Snoopy Faces

A couple of exciting new faces were added to the Apple Watch with the previous release of watchOS. The gorgeous Palette watch face uses three distinct overlapping layers. It changes colour over time, and there's a range of colours to choose from. It looks amazing on your wrist choose from. It looks amazing on your wrist.

The Snoopy face offers four clock designs, several colour options and interactive characters from the world-famous Peanuts cartoons. The characters interact with the watch hands, react to the weather and even work out with you when you're doing your exercise. They're great fun, and ideal for when you're not being serious.

Photos faces in watchOS 11



Face Gallery

Photos

ADD

10:09

No Photos

Description

See your favourite photos as a watch face. You can cycle through photos you choose or a synced album. You can also cycle through photos of... more

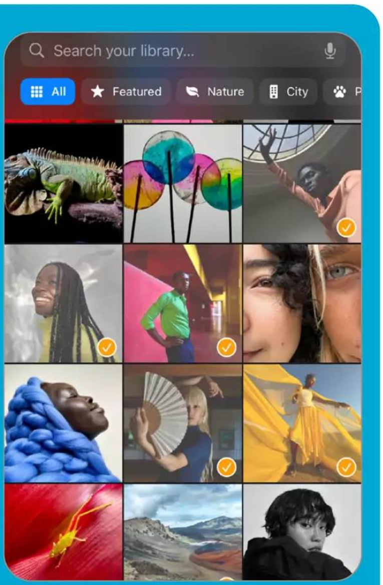
Content

Shuffle

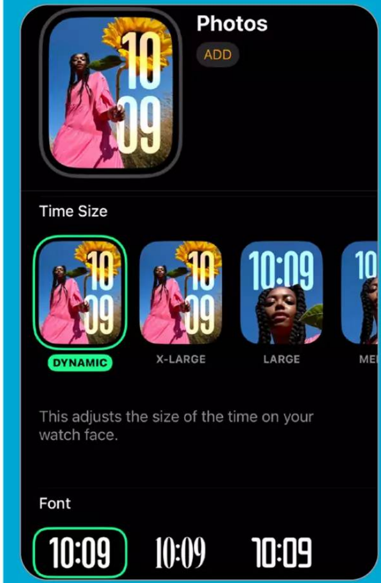
✓ Choose Photos — Choose Photos...

Choose up to 24 photos.

1 In the iPhone's Watch app, tap Face Gallery, then tap the Photos face. On the next page, in the Content section, choose Shuffle then the categories of pictures you want to shuffle. Tap Collection if you want to choose an album.



2 Alternatively, tap Choose Photos and navigate to the pictures you want to use as watch face photos. Tap all the pics you want to use; they're badged with a tick. When ready, tap Add in the top right corner of the screen.



Photos

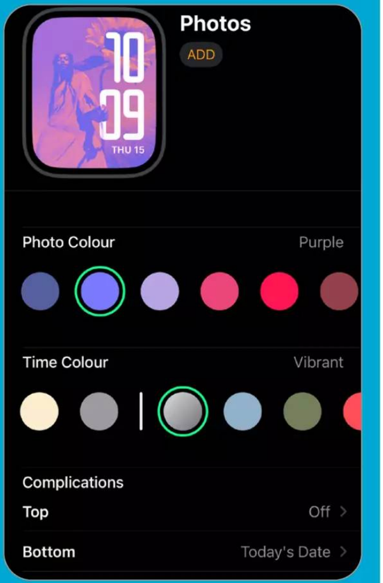
ADD

Time Size

This adjusts the size of the time on your watch face.

Font

3 Scroll up to the options you can use to customise your Photos watch face. You can choose a size for the time digits, make them a different font, use non-Arabic numerals, stylise the colour scheme change colours and more.



Photos

ADD

Photo Colour — Purple

Time Colour — Vibrant

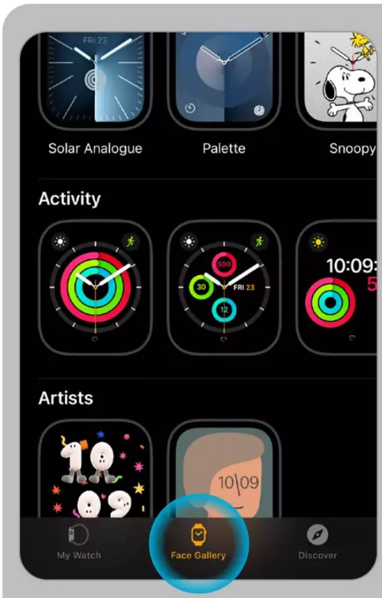
Complications

Top — Off

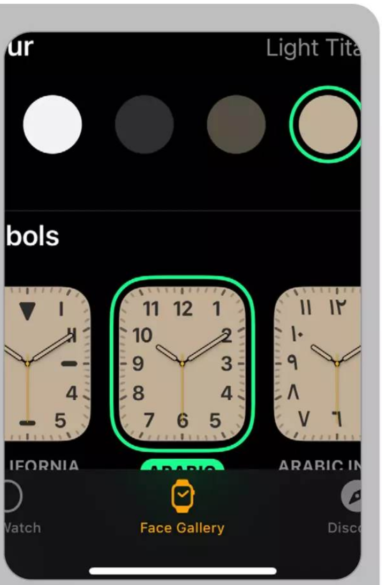
Bottom — Today's Date

4 At the foot of the screen, add complications if you wish. When you're done, tap Add and the photos face is added to your Apple Watch's faces range. The face cycles through pictures you chose, giving them all your new design.

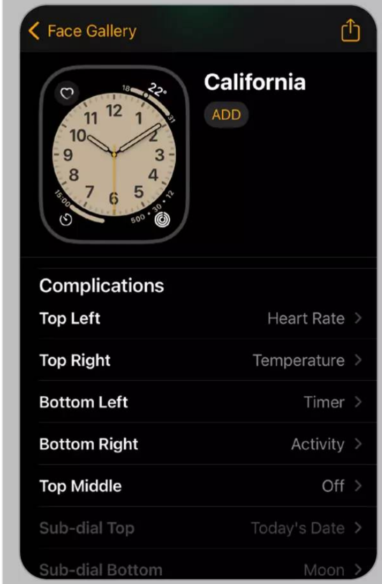
Editing on the iPhone


Solar Analogue
Palette
Snoopy
Activity
10:09
Artists
My Watch
Face Gallery
Discover

1 You might find it easier to edit new watch faces on your iPhone instead of directly on your Apple Watch. First of all, open the iPhone's Watch app, and tap the Face Gallery at the foot of the screen.


Light Tita
bols
IFORNIA
ARABIC
ARABIC IN
Watch
Face Gallery
Disc

2 Find a face you like, and tap it. You can then configure its style, changing things like the colour, symbols, dial design and more. The picture of the watch face at the top of the screen reflects these changes.

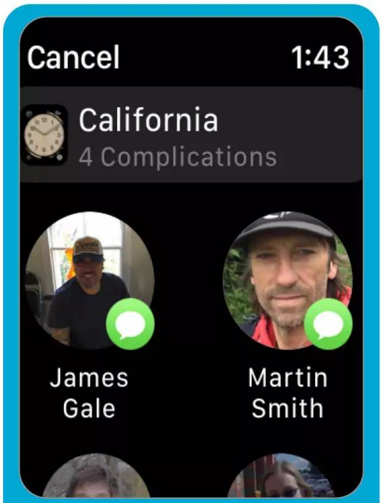

Face Gallery
California
ADD

Complications
Top Left Heart Rate
Top Right Temperature
Bottom Left Timer
Bottom Right Activity
Top Middle Off
Sub-dial Top Today's Date
Sub-dial Bottom Moon

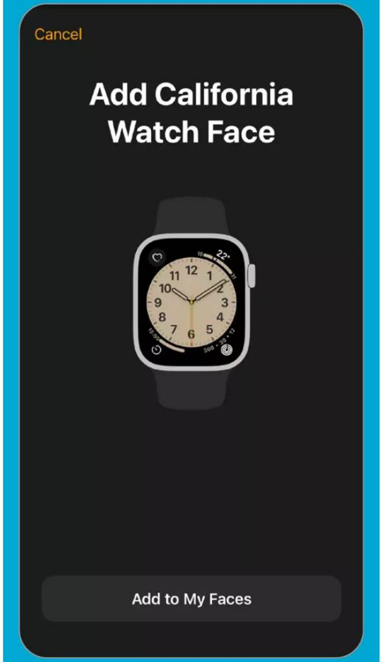
3 Scroll down the list of configurations to get to the Complications, which you can also set up here. The picture of the watch face remains at the top of the screen, so you can see your changes take effect.

4 When you're done, tap Add next to the watch face, atop the screen. The face is synced with those on your iPhone, and is automatically selected as your current watch face on your Apple Watch.

Sharing Watch Faces


Cancel
1:43
California
4 Complications
James Gale
Martin Smith

1 If you've designed an impressive watch face and want to share it with someone; on your Apple Watch, open the face in question, tap and hold the screen and then tap the Edit icon. You're invited to share using Messages and Mail.


Cancel
Add California Watch Face
Add to My Faces

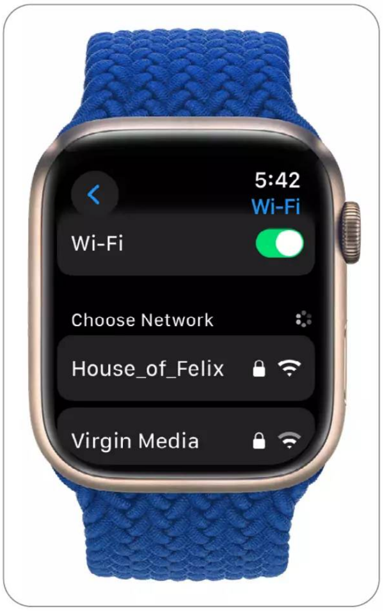
2 Choose one of the contacts offered, or scroll to the Messages and Mail icon, add a recipient and tap Send. The recipient gets a picture of the face. They can tap this picture and are then invited to add the face to their Apple Watch.

Wi-Fi and Bluetooth

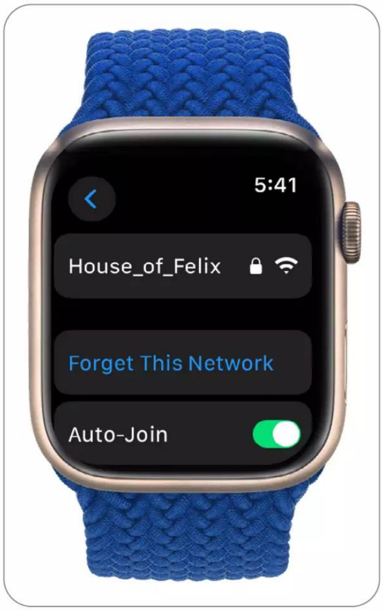
When your iPhone is nearby, your Apple Watch connects to it and gets its online connection through the phone, but if it isn't, your watch can connect to Wi-Fi itself. You can connect your Apple Watch directly to a 802.11b/g/n, 2.4 GHz Wi-Fi network, or even the faster, less crowded 5 GHz network if you have a Series 6 watch or later. Here's a guide to how.

Connecting to a Wi-Fi Network

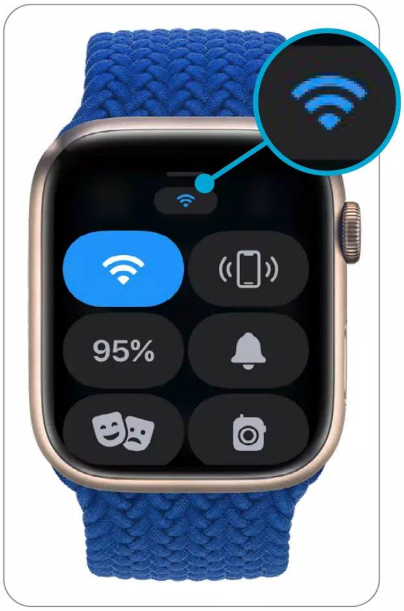
Your watch is usually connected to your iPhone, but you can connect it directly to a 802.11b/g/n, 2.4 GHz Wi-Fi network if you wish, or even a 5 GHz network if you have a Series 6 watch or later. Here's how to go about it.



5:42
Wi-Fi
Wi-Fi
Choose Network
House_of_Felix
Virgin Media



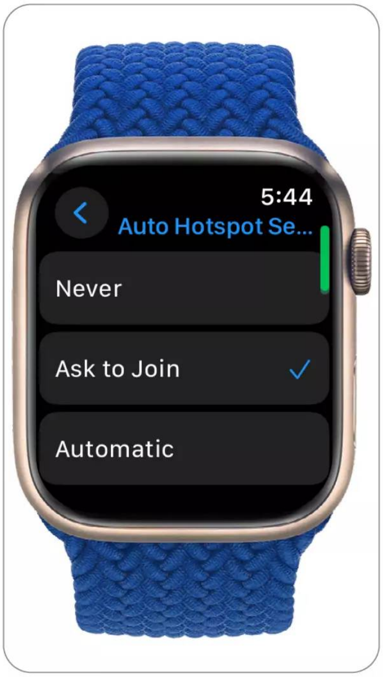
5:41
House_of_Felix
Forget This Network
Auto-Join



1 To find and join a Wi-Fi network, in the watch's Settings app, tap Wi-Fi. Make sure it's switched on (see the switch at the top of the page), then scroll up to find the network you want to join. Tap it, and if necessary, enter the network's Wi-Fi password. Tap Join.

2 To get your Apple Watch to forget a Wi-Fi network, so it won't automatically join, open the watch's Settings app and tap Wi-Fi. Use the Digital Crown to scroll until you see the network in question, tap it and scroll up to the Forget This Network button and tap it.

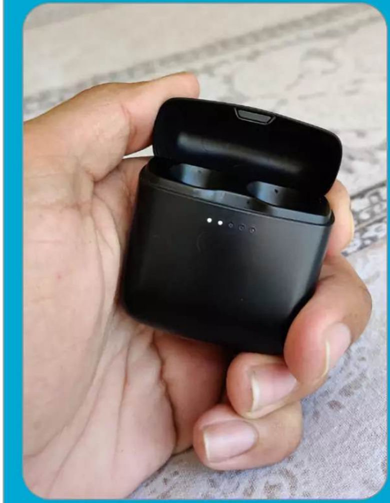
3 When your Apple Watch connects directly to a network instead of going through your iPhone, a Wi-Fi symbol appears atop the control centre. You cannot connect your Apple Watch to public networks that require logins, subscriptions or profiles.

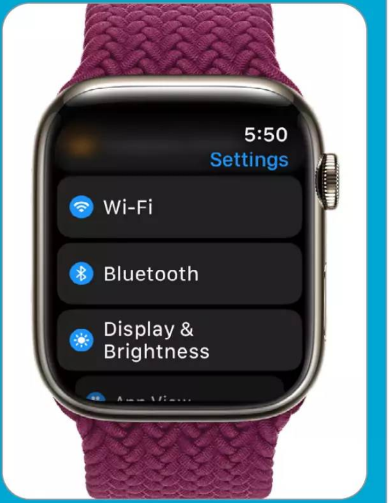

5:44
Auto Hotspot Se...
Never
Ask to Join ✓
Automatic

4 To adjust your Apple Watch's Auto Hotspot settings, go to Settings > Wi-Fi and at the bottom of the page, tap the button showing your current setting. Your Apple Watch can ask before joining a network you've previously been on, always join or never join.

Bluetooth Peripherals

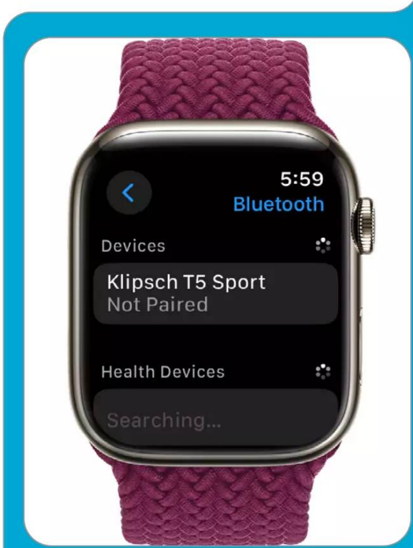
Connect your Apple Watch to Bluetooth peripherals, such as speakers, headphones and earbuds, to play audio straight from your watch.

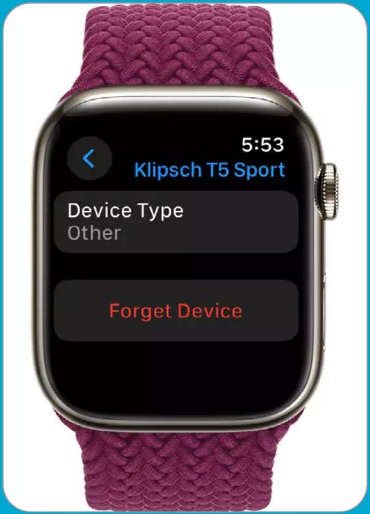


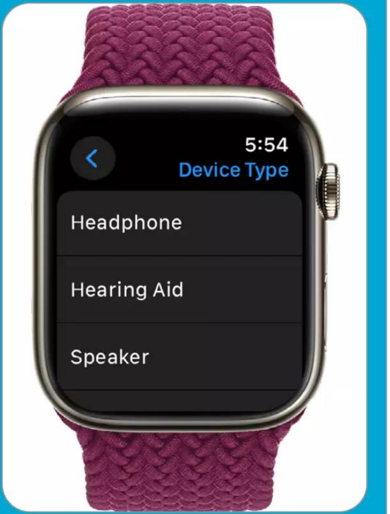

5:50
Settings
Wi-Fi
Bluetooth
Display & Brightness

1 If you want to connect a device such as Bluetooth, earbuds, speakers or connected peripherals that record health information, first of all, dig out the instructions for the item in question and put it into pairing mode. It's usually fairly straightforward to do so.

2 On your Apple Watch, open the Settings app and tap the Bluetooth option. Devices that are already paired with your Apple Watch are listed here. The watch searches for nearby Bluetooth gadgets that are in pairing mode; the one you're pairing should appear.


5:59
Bluetooth
Devices
Klipsch T5 Sport
Not Paired
Health Devices
Searching...


5:53
Klipsch T5 Sport
Device Type
Other
Forget Device


5:54
Device Type
Headphone
Hearing Aid
Speaker

3 The new device appears on the screen, listed in the Devices or Health Devices section (it might take a while to appear). It should be listed as 'Not Paired'. Tap it, and the device is paired with your watch and connected to it via a Bluetooth connection.

4 To unpair a Bluetooth device from your Apple Watch, so it no longer connects to your watch when you switch it on, in Settings > Bluetooth tap the 'i' symbol next to the device you want to forget. Tap the Forget Device button and that device is no longer paired.

5 If the Apple Watch has not correctly recognised the category of the device you've paired with it, open Settings > Bluetooth and tap the 'i' icon next to the device in question. On the next screen, you can choose which category of device it should be in.

The Watch Control Centre

You access the Control Centre by pressing your Apple Watch's Side Button. Watches running watchOS 9 or earlier open Control Centre by swiping up from the foot of the screen, which now gives you widgets.

Wi-Fi and Cellular

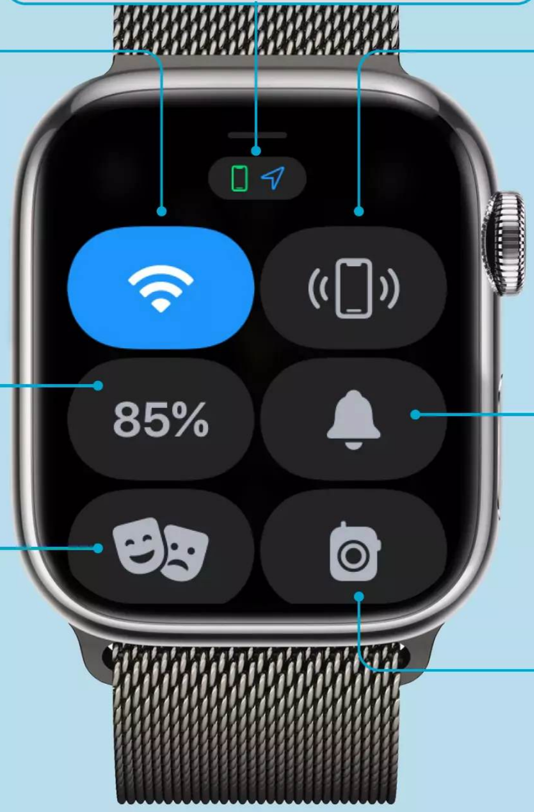
This icon, when lit, shows your watch has a current Wi-Fi connection. Tap it to turn Wi-Fi on and off. If your watch also has cellular connectivity, it's joined by another icon, showing a cellular mast. This is green when a cellular connection has been made. Again, tap it to turn it on and off.

iPhone and Location

The green icon here shows your watch is connected to your iPhone. The blue one shows it's seeking location information. Tap here to check up on this information. On an Apple Watch with Cellular connectivity, these icons are replaced with signal-strength bars. Swipe down from the feint line above these icons to close Control Centre.

Ping Your iPhone

If you've mislaid your iPhone, tap this icon and it makes a pinging noise. Follow your ears, and you should be able to find it again. In iOS 17, you can also ping your Apple Watch from the iPhone's Control Centre, if you add the Ping My Watch button in Settings > Control Centre.



83%
Battery Remaining

Battery Level

This shows your current battery level. Tap it for a screen with a slider that lets you put your watch into Power Reserve mode, which shuts down most of your watch's functions but lets you keep the time.

Silent Mode

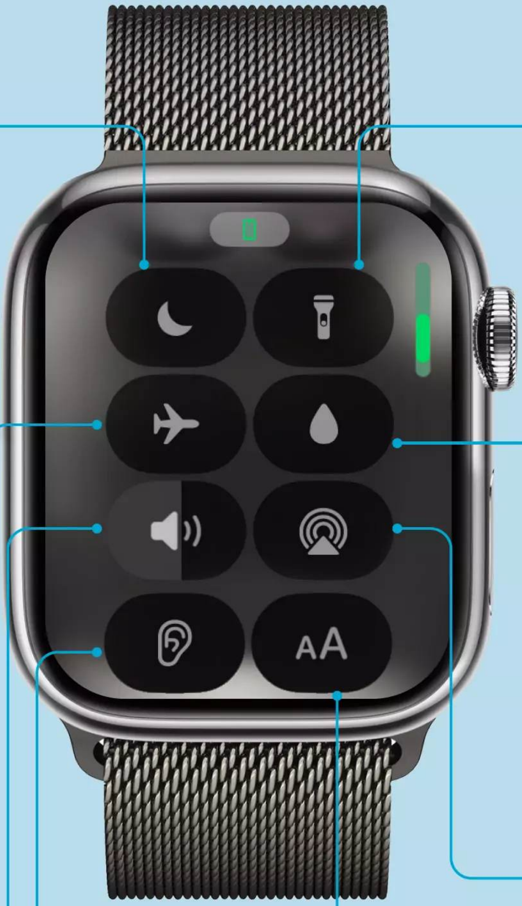
If you need some peace and quiet, perhaps because you're in a meeting or watching a movie and don't want to be interrupted, tap this icon to activate Silent Mode. It turns red and the bell is crossed out when it's active. Tap it again to turn off Silent Mode.

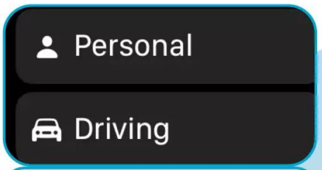
Theatre Mode

Stops the display turning on when you lift your wrist; it still lights up if you tap the crystal or press a button. Theatre Mode also turns on Silent Mode. When the watch is in Theatre Mode, this icon appears above the watch face too. The icon is orange when it's on; tap it again to turn it off.

Walkie-Talkie

Do you want to make yourself available for Walkie-Talkie calls? If so, tap this icon; it turns yellow. Tap it again to turn it off.





Personal

Driving

Choose a Focus

If you've set up a Focus on your iPhone, tap this icon and choose it on the next screen. Even if you haven't set up a Focus, you can still use the default ones such as Do Not Disturb and Driving. You can choose whether to keep your Focus on for an hour, until tomorrow morning or until you leave your current location. Alternatively, just turn it on, and tap the icon again to turn it off once more.

Airplane Mode

If you're flying, the airline might insist you use Airplane Mode for your iPhone and Apple Watch. This turns off Wi-Fi and cellular connections, to prevent them interfering with the aircraft's navigation instruments, but keeps Bluetooth turned on so you can still listen to your music. Tap the icon to turn the feature on and off, on both your iPhone and your Apple Watch. When it's on, an airplane appears on your watch face.

Volume Control

Tap here for a slider that controls your watch's volume. Adjust it by swiping up and down on the screen or using the Digital Crown.

Text Size

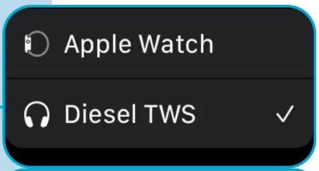
To change the size of the text, tap here and either tap the buttons marked 'AA' or use the Digital Crown.

The Torch

Tap the Torch and your screen turns white, with the screen set to maximum brightness. You can then use your watch as a rudimentary torch. Swipe right for a flashing light, and again for a red one. Swipe down to turn the feature off and return to the watch face.

Water Lock

If you go swimming in your Apple Watch, tap this icon to activate the watch's Water Lock to lock your screen and prevent accidental taps. This function is automatically activated if you start a Swimming workout. When you've finished, turn your Digital Crown to expel the water from your speaker port and unlock your watch.



Apple Watch

Diesel TWS ✓

Audio Output

If you want to switch your watch's audio output to a connected Bluetooth audio device such as speakers or earbuds, or if you want to connect it to such a device, tap this icon. You can choose an audio output source from connected devices listed on the Audio screen, or tap Connect a Device to make a new bluetooth connection.

HONE LEVEL
K
65 dB
80
110

Check Headphone Volume

If you're listening to music through your headphones on your Apple Watch, this icon shows a green tick. Tap it and you get a screen that lets you adjust the headphones' volume, and also checks it's not too loud. You can limit the maximum headphone volume in Apple Watch's Settings.

Edit Control Centre

Swipe all the way to the bottom of the Control Centre to see the Edit button at the foot of the icons. Tap it and you can edit your Control Centre. To remove an item from the Control Centre, tap the red cross next to it. To add a feature that isn't currently in there, tap its green tick. Items you've removed can be added again later.

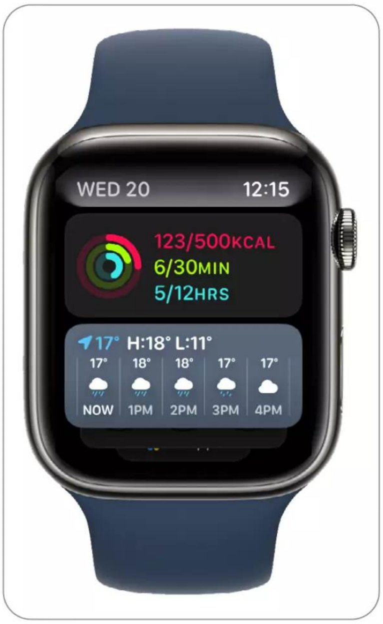
The Widgets Smart Stack

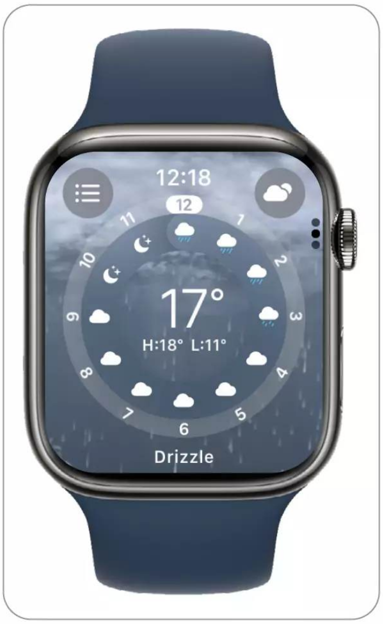
The Widgets Smart Stack is even smarter in watchOS 11. To access the widgets screen, either turn the Digital Crown upwards from the time screen, or swipe up from the bottom of the screen, a gesture that used to summon the Control Centre. You can navigate through the widgets using the Digital Crown or upward swipes, and edit them too. Here's how it all works.

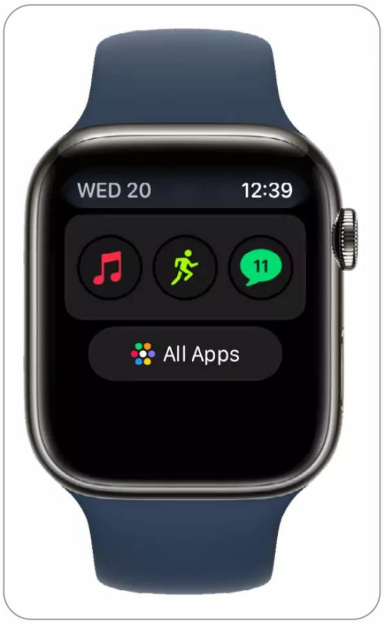
WED
20
SEP
Wed, 20 Sep
No events today
Your day is clear

Using the Widgets Smart Stack

The Widgets Smart Stack gives easy access to important apps and information on your Apple Watch. It's dynamic, so information displayed on the widgets is constantly updated so it's always fresh and new.


WED 20
12:15
123/500KCAL
6/30MIN
5/12HRS
17° H:18° L:11°
17° 18° 18° 17° 17°
NOW 1PM 2PM 3PM 4PM


12:18
17°
H:18° L:11°
Drizzle


WED 20
12:39
11
All Apps

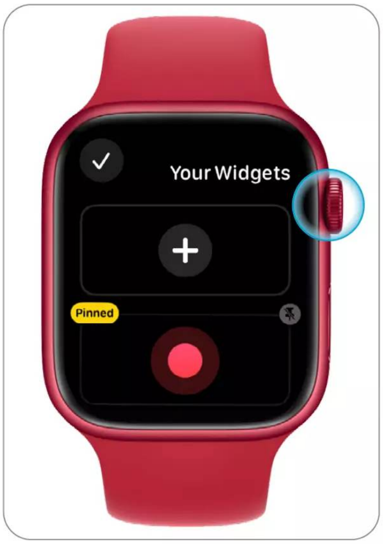
1 From the time screen, open the Widgets Smart Stack by swiping up from the foot of the screen or turning the Digital Crown upwards, Swipe or turn further to cycle through the widgets that are currently there.

2 Each widget gives you information gleaned from its parent app. If you tap a widget, you open the app from which this information is taken. Here, for example, we tapped the Weather widget.

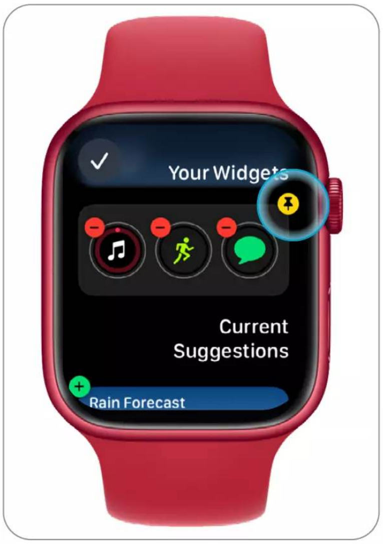
3 Scroll or swipe the widgets all the way up, and you see this, a Complications widget that gives access to three apps (tap one to open it), and a link that takes you to the main Apps screen with all the apps on.

Configuring Your Widgets

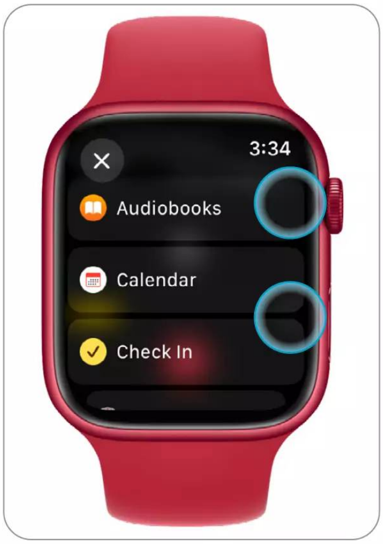
Using machine learning, the order of the widgets changes according to your predicted needs at any given time of the day. But you can reorder, edit and reconfigure the Widgets Smart Stack manually too.


Your Widgets
+
Pinned

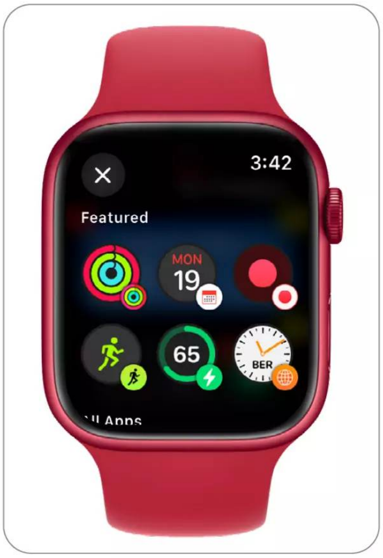
1 Swipe up or turn the Digital Crown up to get to the widgets. Long press on one to enter editing mode. Move a widget up and down to reorder, or tap the minus icon to remove.


Your Widgets
Current
Suggestions
Rain Forecast

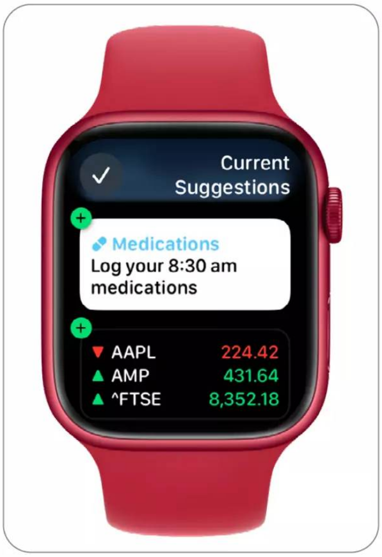
2 You can still scroll through the widgets using a swipe or the Digital Crown when in editing mode. The yellow pin icon (top right corner) moves a widget to the top of the stack.


3:34
Audiobooks
Calendar
Check In

3 To add a new widget, tap the Plus icon at the top of the screen. You're shown some featured widgets, then a list of apps on your watch. Tap one to add it to the Smart Stack.

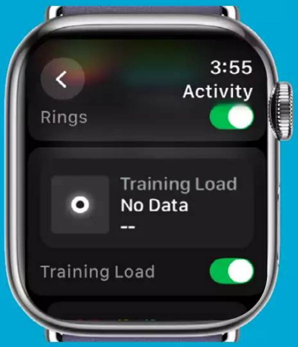

3:42
Featured
MON
19
65
BER
All Apps

4 You can edit the Complications row too. Get the widgets into editing mode, then scroll to the Complications widget. Tap the minus sign to delete one, then the plus sign that replaces it to choose a new one.


Current
Suggestions
Medications
Log your 8:30 am medications
AAPL 224.42
AMP 431.64
^FTSE 8,352.18

5 When you've finished, come out of editing mode by tapping the Tick button in the top left corner of the screen, or by pressing the Digital Crown. You remain on the Widgets screen.

New in watchOS 11

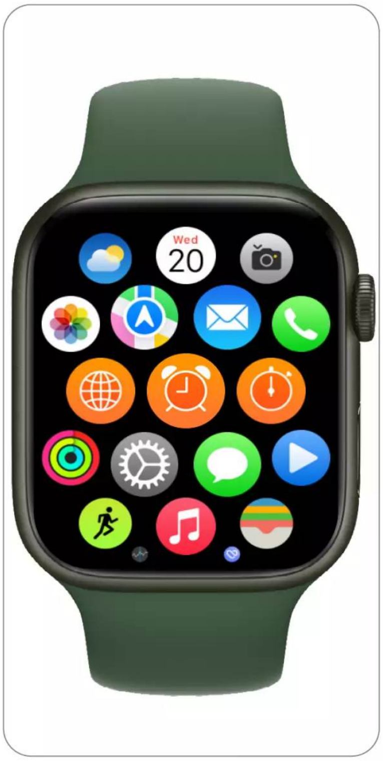

3:55
Activity
Rings
Training Load
No Data
--
Training Load

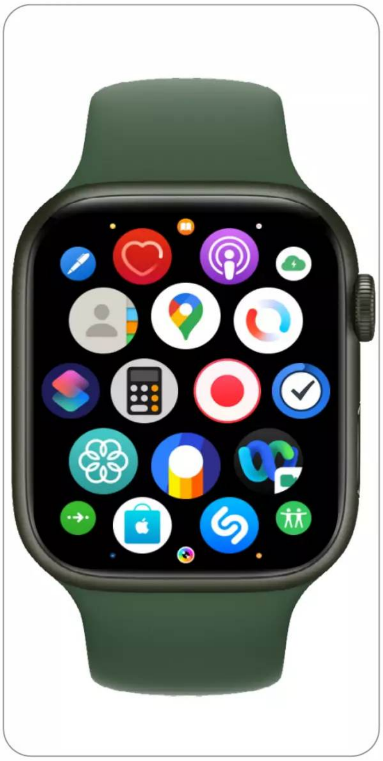
In watchOS 11, the Smart Stack is even smarter. The widgets in your stack change over time according to your needs. If it's about to rain, for example, the Weather widget is promoted to the top of the stack.

The three apps you've recently used are stacked as widgets. There are new features such as Training Load in the Activity widget, and new widgets for Photos, Shazam, Translation, Vitals and more.

The Watch's Home Screen

The Home screen, also known as the App Switcher, is at the heart of your Apple Watch. It's from here you can launch your watch's built-in and third-party apps, and rearrange the order in which they appear. You can set your Home screen in Grid View or List View, and also delete Apple Watch apps directly from the App Switcher. Here's how to use and customise it.

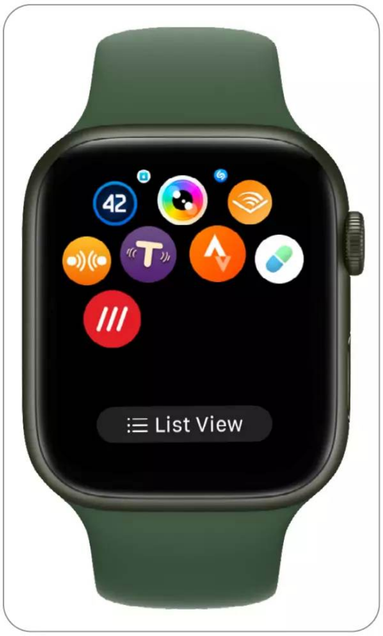




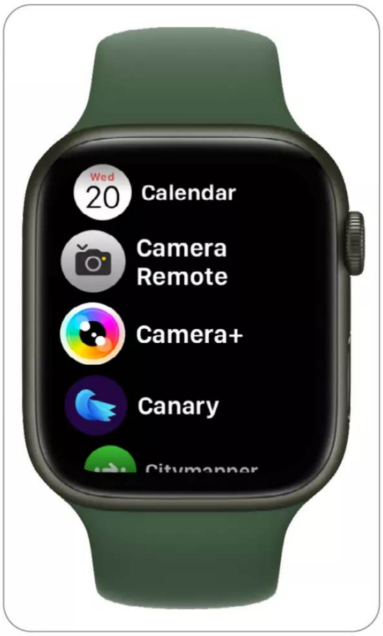
1 Opening your Apple Watch's App Switcher is easy. Just press the Digital Crown button and you're taken straight there. You can then drag the app icons up and down the screen with your finger or by turning the Digital Crown, which lets you look for the icon representing the app you wish to open.

2 When you have brought the application you wish to open into view, simply tap on its icon to launch it. To close it again and get back to the App Switcher screen, press the Digital Crown once more. From the Home screen, press the Digital Crown again to get back to the watch face.

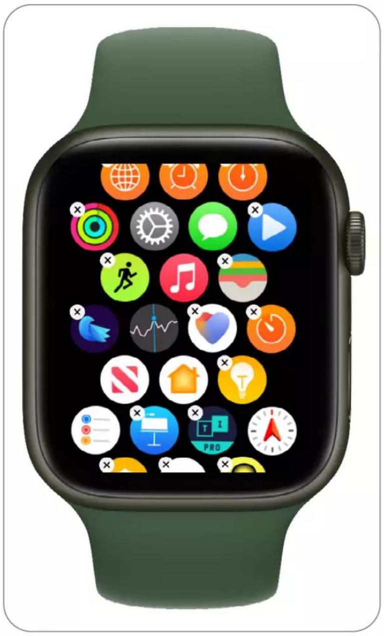
3 In watchOS 10, the app icons in this Grid View are arranged fill the width of the screen, but no further. This means you only have to scroll the grid up and down when looking for an app icon, instead of up, down, left and right which you had to do in older versions of watchOS.



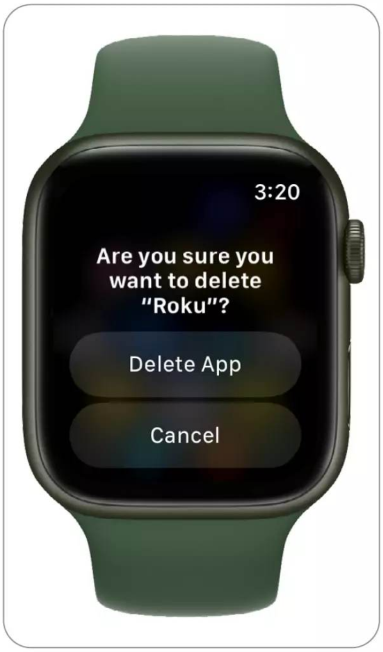
4 Scroll all the way to the bottom and you see an option to switch to List View. Tap it to change the way the apps are displayed. In List View, the option here is to change back to Grid View.



5 If you use your Home screen in List view, you can scroll up and down the list of applications using the Digital Crown or your finger. The apps are listed in alphabetical order, so it's easy to find the one you want.



6 If you want to delete some apps from your Apple Watch, first of all, tap and hold the Home screen (whether in Grid or List view). The apps wobble, and some have a small 'x' in their top-right.



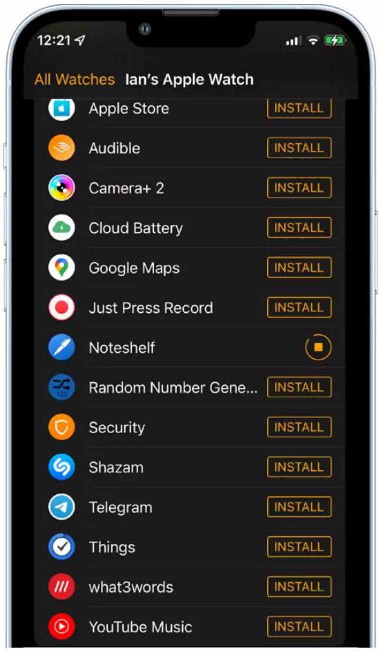
3:20

Are you sure you want to delete "Roku"?

Delete App

Cancel

7 To delete an app, tap its 'x' icon and choose Delete App or Cancel. Only apps showing an 'x' can be deleted. You can reposition apps by dragging them into a new place on the screen too.

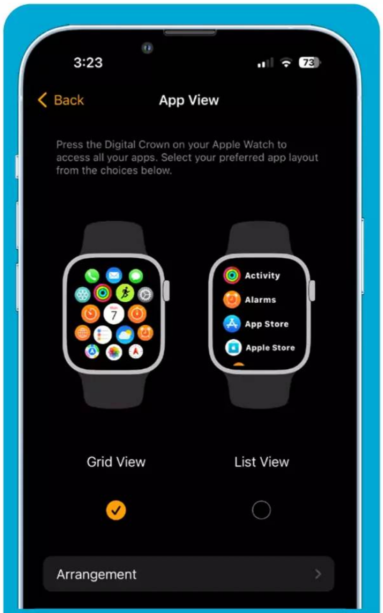


12:21

All Watches Ian's Apple Watch

Apple Store	INSTALL
Audible	INSTALL
Camera+ 2	INSTALL
Cloud Battery	INSTALL
Google Maps	INSTALL
Just Press Record	INSTALL
Noteshelf	■
Random Number Gene...	INSTALL
Security	INSTALL
Shazam	INSTALL
Telegram	INSTALL
Things	INSTALL
what3words	INSTALL
YouTube Music	INSTALL

8 In your iPhone's Watch app, if you want to reinstall an app you've deleted, open the My Watch tab and scroll down to the apps that aren't installed. Find the one you want and tap its Install button.



3:23

< Back App View

Press the Digital Crown on your Apple Watch to access all your apps. Select your preferred app layout from the choices below.

Grid View ✓

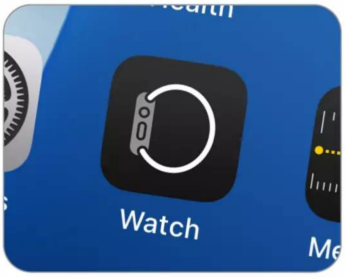
List View ○

Arrangement >

You might also find it easier to configure your Home screen on the iPhone's Watch app. In the My Watch tab, tap App View and choose Grid or List View. In Grid View, tap Arrangement and you can tap and hold an app icon, and drag it into a new position in the grid.

Using the iPhone's Watch App

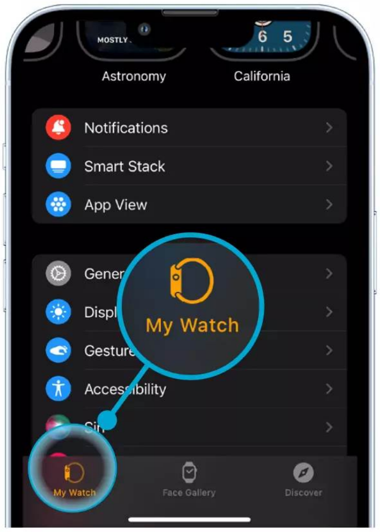
The Watch app on your iPhone is an essential part of your Apple Watch experience. You use it to set up and configure your Apple Watch, change its settings and generally customise it to suit your needs. Some of the settings and options are self explanatory, so here we'll give an overview of the more complex ones. Don't be afraid to experiment, and above all, have fun.



The Three Tabs

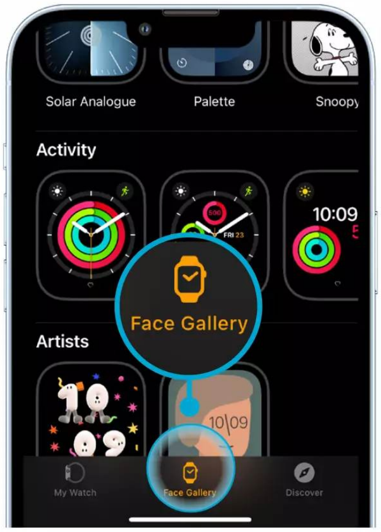
Along the foot of the screen there are three tabs; My Watch, Face Gallery and Discover. Most of the settings and options you need to know about are in the My Watch section, found in the bottom-left corner.

My Watch


Astronomy
California
Notifications
Smart Stack
App View
General
Display
Gestures
Accessibility
My Watch
My Watch
Face Gallery
Discover

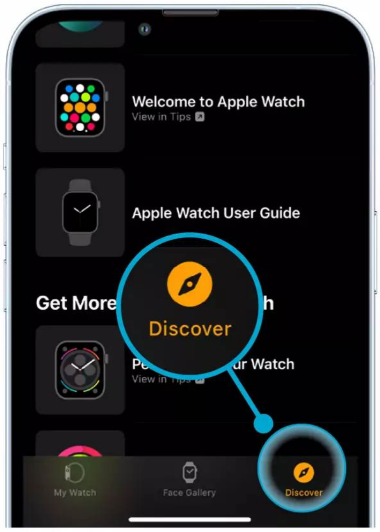
My Watch is the heart of the Watch app, and it's here you change its settings and configure its various features. As well as the watch's core functions, you can also edit your watch faces, configure the preinstalled apps and also install third-party apps on your Apple Watch.

Face Gallery


Solar Analogue
Palette
Snoopy
Activity
10:09
Artists
Face Gallery
My Watch
Face Gallery
Discover

Here you can review all the watch faces currently available for your Apple Watch. Tap one and configure it, then tap the Add button at the top of its screen to add it to the range of faces you can use on your watch. It's easier than creating faces on the watch itself.

Discover

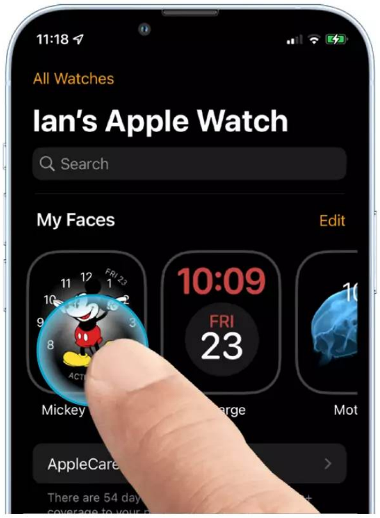

Welcome to Apple Watch
View in Tips
Apple Watch User Guide
Get More
Discover
View in Tips
My Watch
Face Gallery
Discover

The Discover section of the Apple Watch app offers tips on how to use your watch. Tap one of the guides, and it opens. Some open in the Tips app, some in Safari and the Explore Watch Apps option opens in the App Store, showing you apps available for your watch.

The My Watch Tab

The rest of this tutorial investigates and explains the various options and configurations available through the app's My Watch tab, which is accessed by tapping the icon in the bottom-left corner of the Watch app's screen.

My Faces



All Watches

Ian's Apple Watch

Search

My Faces Edit

Mickey

rge

Mot

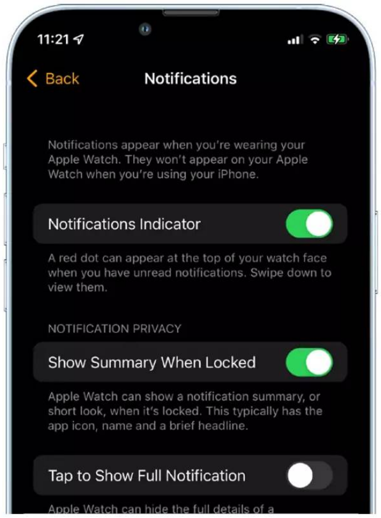
AppleCare

There are 54 day

coverage to your

These are the watch faces you currently have set up. Tap one of them and you can edit and configure it, or change its complications. Tap the Edit link and you can reorder or delete them.

Notifications



Notifications

Notifications appear when you're wearing your Apple Watch. They won't appear on your Apple Watch when you're using your iPhone.

Notifications Indicator ●

A red dot can appear at the top of your watch face when you have unread notifications. Swipe down to view them.

NOTIFICATION PRIVACY

Show Summary When Locked ●

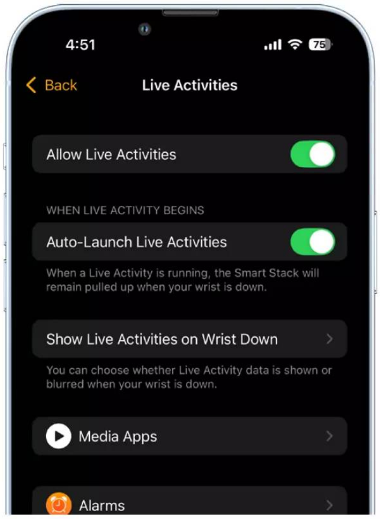
Apple Watch can show a notification summary, or short look, when it's locked. This typically has the app icon, name and a brief headline.

Tap to Show Full Notification ○

Apple Watch can hide the full details of a

Under Notifications you can make configurations, including turning off the red dot indicating a notification has arrived. You can configure app notifications on a per-app basis too.

Smart Stack



Live Activities

Allow Live Activities ●

WHEN LIVE ACTIVITY BEGINS

Auto-Launch Live Activities ●

When a Live Activity is running, the Smart Stack will remain pulled up when your wrist is down.

Show Live Activities on Wrist Down

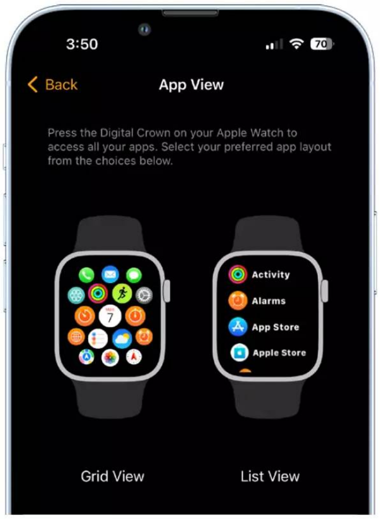
You can choose whether Live Activity data is shown or blurred when your wrist is down.

Media Apps

Alarms

Here you find a range of options to do with the Apple Watch Smart Stack, which we covered earlier. You can allow Live Activities in widgets, choose launch options and more.

App View



App View

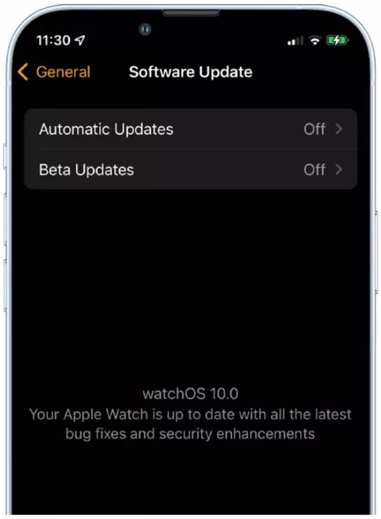
Press the Digital Crown on your Apple Watch to access all your apps. Select your preferred app layout from the choices below.

Grid View

List View

You can change the way apps are arranged on your Apple Watch. By default they're in Grid View, but you can change this to a List View. Tap Arrange to reorder the Grid View.

Software Update



Software Update

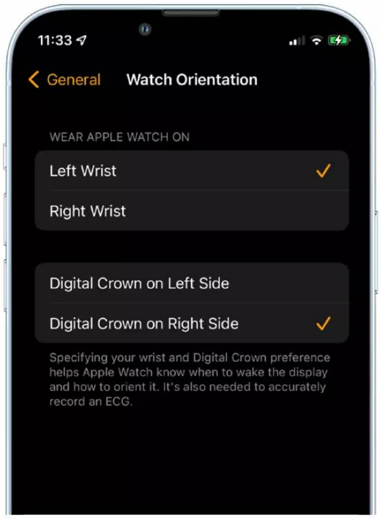
Automatic Updates Off

Beta Updates Off

watchOS 10.0
Your Apple Watch is up to date with all the latest bug fixes and security enhancements

In General > Software Update, you can check to see if there's an update to watchOS you can install on your watch. You can also opt to download updates automatically, instead of checking.

Watch Orientation



Watch Orientation

WEAR APPLE WATCH ON

Left Wrist ✓

Right Wrist

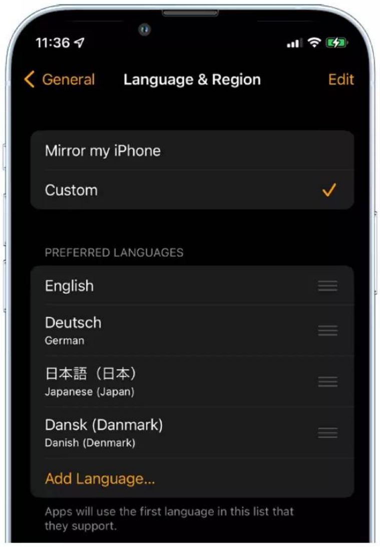
Digital Crown on Left Side

Digital Crown on Right Side ✓

Specifying your wrist and Digital Crown preference helps Apple Watch know when to wake the display and how to orient it. It's also needed to accurately record an ECG.

Do you wear your Apple Watch on your left wrist or your right? Do you prefer the Digital Crown to be on the left side or the right side? You can choose in General > Watch Orientation.

Language & Region



11:36

General Language & Region Edit

Mirror my iPhone

Custom ✓

PREFERRED LANGUAGES

English

Deutsch
German

日本語（日本）
Japanese (Japan)

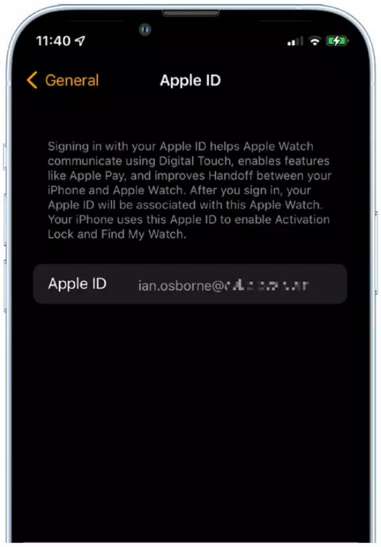
Dansk (Danmark)
Danish (Denmark)

Add Language...

Apps will use the first language in this list that they support.

You can set up what language or languages are used on your Apple Watch, choose what region you're using it in and set the calendar. Choose 'Mirror Apple Watch' and the watch's settings are the same as those on your iPhone. Tap Edit to remove languages.

Apple ID



11:40

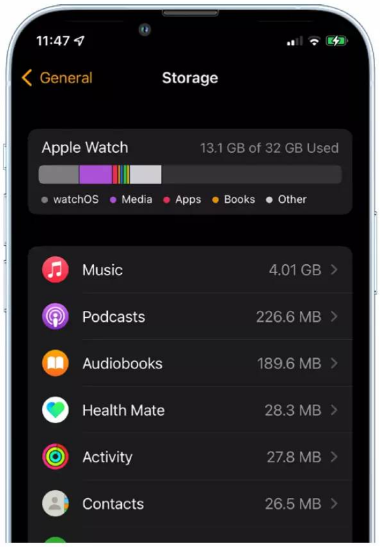
General Apple ID

Signing in with your Apple ID helps Apple Watch communicate using Digital Touch, enables features like Apple Pay, and improves Handoff between your iPhone and Apple Watch. After you sign in, your Apple ID will be associated with this Apple Watch. Your iPhone uses this Apple ID to enable Activation Lock and Find My Watch.

Apple ID ian.osborne@[redacted]

Signing into your Apple ID on your Apple Watch is essential for many of its features, functions and apps. If you're not signed in, do so in General > Apple ID. Enter the email address that you use for your Apple ID, and then type your password to sign in.

Storage



11:47

General Storage

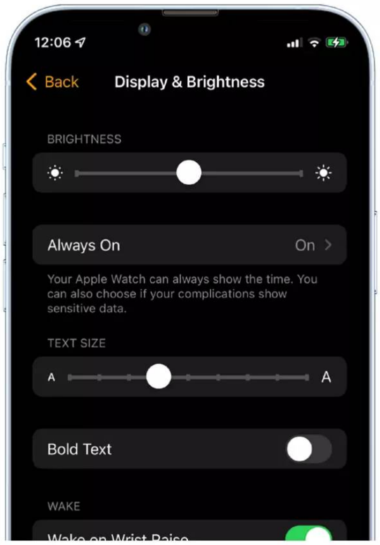
Apple Watch 13.1 GB of 32 GB Used

● watchOS ● Media ● Apps ● Books ● Other

Music	4.01 GB
Podcasts	226.6 MB
Audiobooks	189.6 MB
Health Mate	28.3 MB
Activity	27.8 MB
Contacts	26.5 MB

Another Useful option available in the General section is Storage. Here you can see how much space you have left on your Apple Watch, and get a breakdown on how much each app is taking up. Tap an app to see the space taken by the app itself and its data.

Display & Brightness



12:06

Back Display & Brightness

BRIGHTNESS

Always On On

Your Apple Watch can always show the time. You can also choose if your complications show sensitive data.

TEXT SIZE

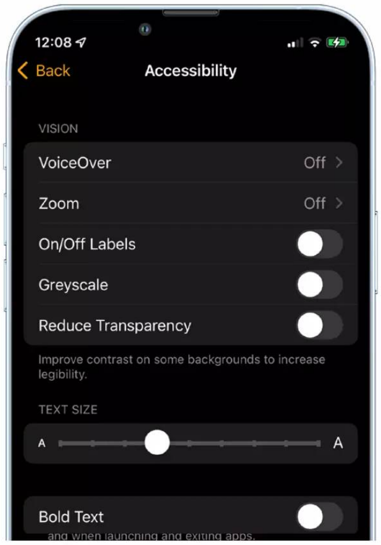
Bold Text

WAKE

Wake on Wrist Raise

Under the Display & Brightness option, you can set the brightness of your Apple Watch's screen and the size of its text using the sliders. You can also make all displayed text bold and set when it wakes and how long it wakes for; and modify always-on features.

Accessibility



12:08

Back Accessibility

VISION

VoiceOver Off

Zoom Off

On/Off Labels

Greyscale

Reduce Transparency

Improve contrast on some backgrounds to increase legibility.

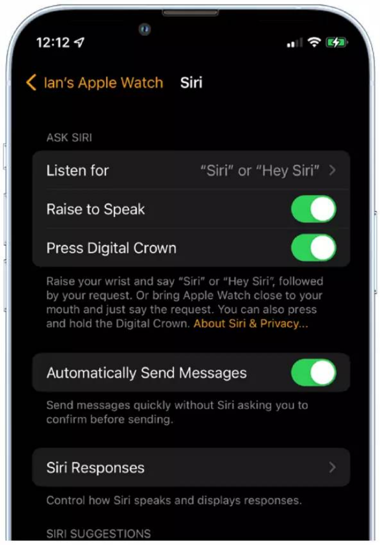
TEXT SIZE

Bold Text

and when launching and exiting apps.

Accessibility options are off by default, but if you have an impairment, check this section. There are several things you can modify to make using your watch easier if you have a hearing, visual or motor impairment. You can even set up an Accessibility Shortcut.

Siri



12:12

Ian's Apple Watch Siri

ASK SIRI

Listen for "Siri" or "Hey Siri"

Raise to Speak

Press Digital Crown

Raise your wrist and say "Siri" or "Hey Siri", followed by your request. Or bring Apple Watch close to your mouth and just say the request. You can also press and hold the Digital Crown. About Siri & Privacy...

Automatically Send Messages

Send messages quickly without Siri asking you to confirm before sending.

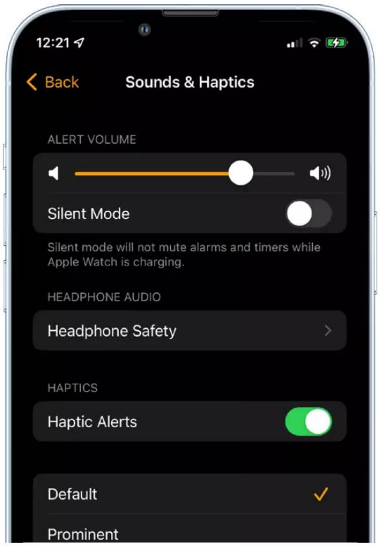
Siri Responses

Control how Siri speaks and displays responses.

SIRI SUGGESTIONS

Siri is Apple's personal digital assistant, and it's built into your Apple Watch as well as your iPhone. Here you can choose whether to say 'Hey Siri', just 'Siri' or neither to wake the digital assistant as well as a host of other set-up tweaks and customisations.

Sounds & Haptics


12:21

Back Sounds & Haptics

ALERT VOLUME

Silent Mode

Silent mode will not mute alarms and timers while Apple Watch is charging.

HEADPHONE AUDIO

Headphone Safety

HAPTICS

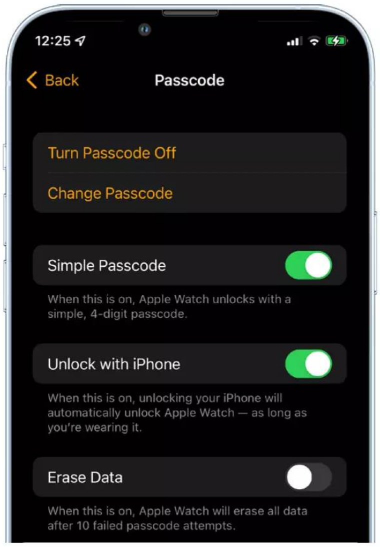
Haptic Alerts

Default ✓

Prominent

This section lets you configure your watch's sounds, and also its haptics, that is its vibration feedback. Set the alert volume, put it into Silent Mode, turn haptics on and off and set their level, and more. You can cover your watch with your hand to silence alerts too.

Passcode


12:25

Back Passcode

Turn Passcode Off

Change Passcode

Simple Passcode

When this is on, Apple Watch unlocks with a simple, 4-digit passcode.

Unlock with iPhone

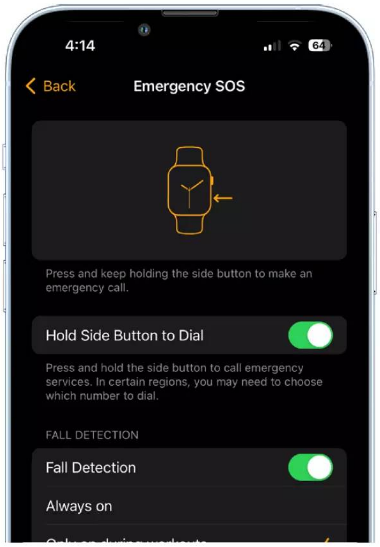
When this is on, unlocking your iPhone will automatically unlock Apple Watch — as long as you're wearing it.

Erase Data

When this is on, Apple Watch will erase all data after 10 failed passcode attempts.

There are numerous options available regarding your watch's passcode. You can turn it off, change it and more. Turn on Erase Data and your watch is wiped after ten failed password attempts, and Wrist Detection locks it when you're not wearing your watch.

Emergency SOS


4:14

Back Emergency SOS

Press and keep holding the side button to make an emergency call.

Hold Side Button to Dial

Press and hold the side button to call emergency services. In certain regions, you may need to choose which number to dial.

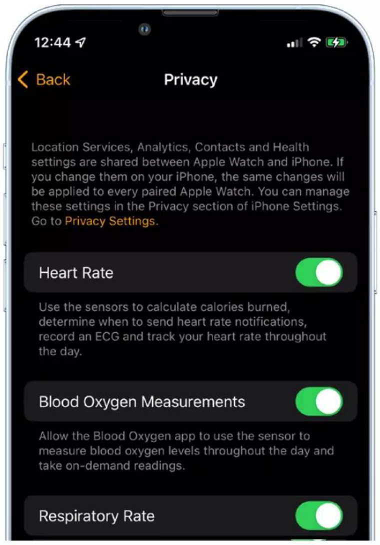
FALL DETECTION

Fall Detection

Always on

You can make an emergency call to your country's emergency number by holding the Side Button. In this section, you can turn this off, set the watch to call the emergency number if it detects that you've fallen and set up your Medical ID in the Health app.

Privacy


12:44

Back Privacy

Location Services, Analytics, Contacts and Health settings are shared between Apple Watch and iPhone. If you change them on your iPhone, the same changes will be applied to every paired Apple Watch. You can manage these settings in the Privacy section of iPhone Settings. Go to Privacy Settings.

Heart Rate

Use the sensors to calculate calories burned, determine when to send heart rate notifications, record an ECG and track your heart rate throughout the day.

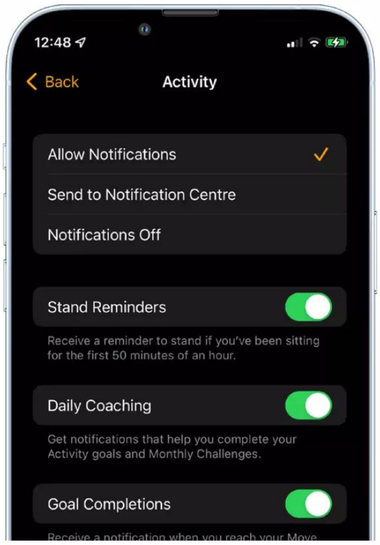
Blood Oxygen Measurements

Allow the Blood Oxygen app to use the sensor to measure blood oxygen levels throughout the day and take on-demand readings.

Respiratory Rate

If there are certain things you'd rather the Apple Watch didn't measure, go here and turn them off. You can turn off Heart Rate, Respiratory Rate, Fitness Tracking, Blood Oxygen Measurements and more. You can turn on Environmental Sound Measurements too.

Activity


12:48

Back Activity

Allow Notifications ✓

Send to Notification Centre

Notifications Off

Stand Reminders

Receive a reminder to stand if you've been sitting for the first 50 minutes of an hour.

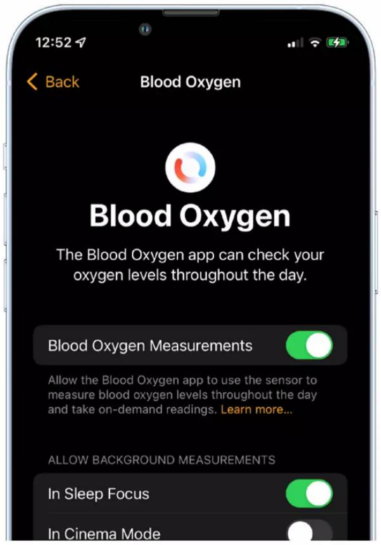
Daily Coaching

Get notifications that help you complete your Activity goals and Monthly Challenges.

Goal Completions

Activity is one of the Apple Watch's most popular features. You can configure the notifications it sends, and whether you want it to remind you to stand if you're spending too much time sitting down. Other options include notices for Special Challenges, Daily Coaching and more.

Blood Oxygen


12:52

Back Blood Oxygen

Blood Oxygen

The Blood Oxygen app can check your oxygen levels throughout the day.

Blood Oxygen Measurements

Allow the Blood Oxygen app to use the sensor to measure blood oxygen levels throughout the day and take on-demand readings. Learn more...

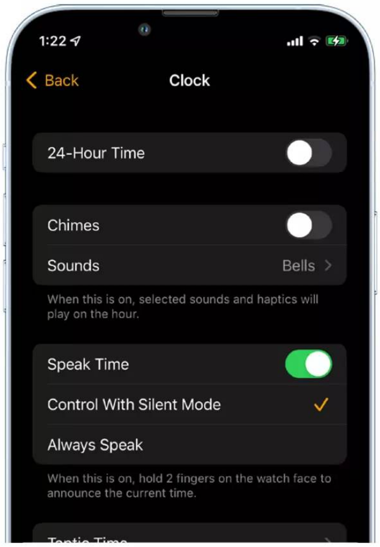
ALLOW BACKGROUND MEASUREMENTS

In Sleep Focus

In Cinema Mode

The Blood Oxygen apps checks your oxygen levels throughout the day. You can turn this off if you don't want these checks. It uses potentially distracting bright red LEDs, so you can set it to be on or off when the watch is in Sleep, Focus and/or Cinema Mode.

Clock



1:22

Back Clock

24-Hour Time ○

Chimes ○

Sounds Bells

When this is on, selected sounds and haptics will play on the hour.

Speak Time ●

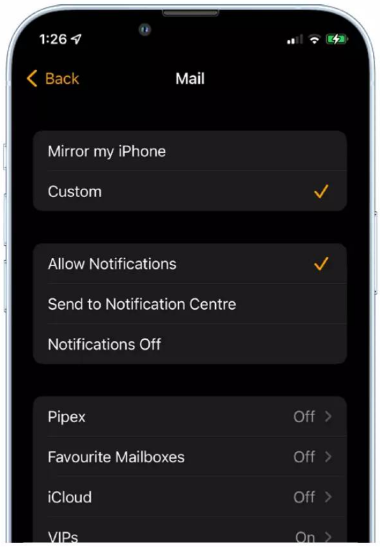
Control With Silent Mode ✓

Always Speak

When this is on, hold 2 fingers on the watch face to announce the current time.

If you wish to use a 24-hour clock instead of 12-hour when using a digital watch face, turn on the option here. You can also have chimes play every hour, on the hour, have the time spoken when you place two fingers on the watch face, set a monogram for faces that use them and more.

Mail



1:26

Back Mail

Mirror my iPhone

Custom ✓

Allow Notifications ✓

Send to Notification Centre

Notifications Off

Pipex Off

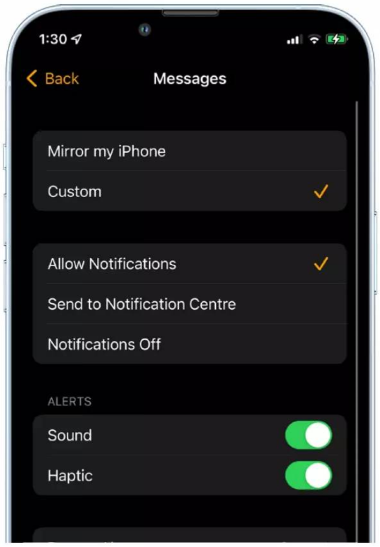
Favourite Mailboxes Off

iCloud Off

VIPs On

In the Mail options, you can set which of your email accounts send you notifications when an email arrives. You can configure your Mail notifications, set up default replies to answer emails from your watch and more. There's a lot you can configure in the watch's Mail app.

Messages



1:30

Back Messages

Mirror my iPhone

Custom ✓

Allow Notifications ✓

Send to Notification Centre

Notifications Off

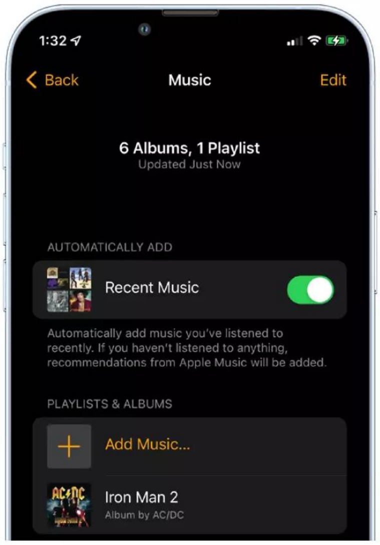
ALERTS

Sound ●

Haptic ●

When you receive a message on your iPhone, you can get an audio and/or haptic alert on your watch. Again, you can use default replies if you want to answer a message using your watch, and you can add custom default replies to the list of those on offer.

Music



1:32

Back Music Edit

6 Albums, 1 Playlist

Updated Just Now

AUTOMATICALLY ADD

Recent Music ●

Automatically add music you've listened to recently. If you haven't listened to anything, recommendations from Apple Music will be added.

PLAYLISTS & ALBUMS

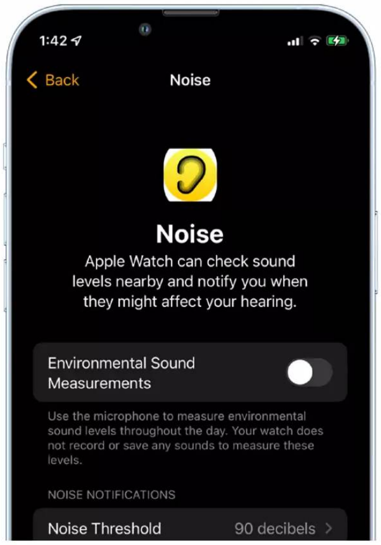
Add Music...

Iron Man 2

Album by AC/DC

You can listen to your music directly from your Apple Watch, by copying your tracks to the watch. Music you've recently listened to is automatically added (you can switch this off), and you can add music from your iPhone, as long as it's nearby and your watch is charging.

Noise



1:42

Back Noise

Noise

Apple Watch can check sound levels nearby and notify you when they might affect your hearing.

Environmental Sound Measurements ○

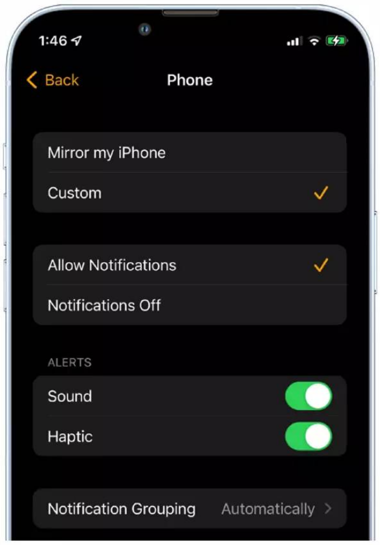
Use the microphone to measure environmental sound levels throughout the day. Your watch does not record or save any sounds to measure these levels.

NOISE NOTIFICATIONS

Noise Threshold 90 decibels

Your Apple Watch can check environmental sound levels, and warn you if they're so high they might affect your hearing. Turn on Environmental Sound Measurements, and set the noise threshold for the warnings. Just the thing if you work in a noisy environment.

Phone



1:46

Back Phone

Mirror my iPhone

Custom ✓

Allow Notifications ✓

Notifications Off

ALERTS

Sound ●

Haptic ●

Notification Grouping Automatically

You can take phone calls on your watch, and there are numerous settings you can change. If your settings mirror your iPhone's, you can only change the ringing alerts, but if you use custom settings you can configure notifications from the Phone app too.

Photos

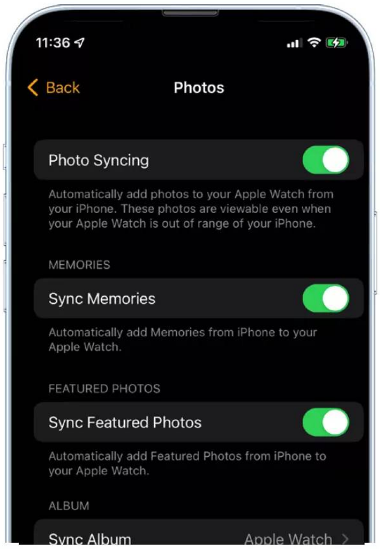

11:36
Back Photos

Photo Syncing ●

Automatically add photos to your Apple Watch from your iPhone. These photos are viewable even when your Apple Watch is out of range of your iPhone.

MEMORIES

Sync Memories ●

Automatically add Memories from iPhone to your Apple Watch.

FEATURED PHOTOS

Sync Featured Photos ●

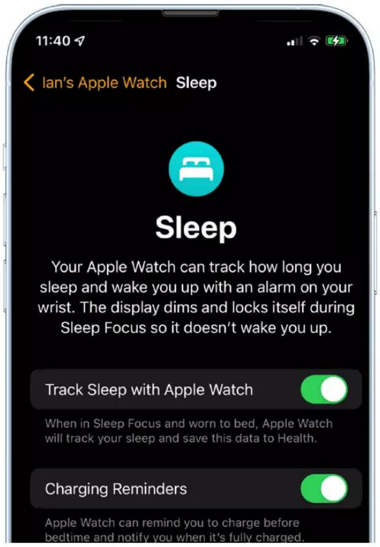
Automatically add Featured Photos from iPhone to your Apple Watch.

ALBUM

Sync Album Apple Watch >

You can enjoy your photos directly from your Apple Watch. They sync automatically from your iPhone, along with Memories and featured photos, but you can turn these off if you want. Set a limit of 25, 100, 250 or 500 photos according to how much space you have.

Sleep


11:40
Ian's Apple Watch Sleep

Sleep

Your Apple Watch can track how long you sleep and wake you up with an alarm on your wrist. The display dims and locks itself during Sleep Focus so it doesn't wake you up.

Track Sleep with Apple Watch ●

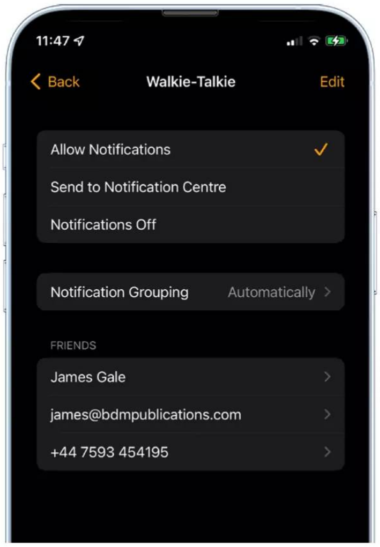
When in Sleep Focus and worn to bed, Apple Watch will track your sleep and save this data to Health.

Charging Reminders ●

Apple Watch can remind you to charge before bedtime and notify you when it's fully charged.

Your Apple Watch can track how long you sleep, and wake you up with an alarm on your wrist. The display dims and locks itself at bedtime so it won't wake you up. Open the Sleep feature here, or you can set up the feature in the Health app on your iPhone.

Walkie-Talkie


11:47
Back Walkie-Talkie Edit

Allow Notifications ✓
Send to Notification Centre
Notifications Off

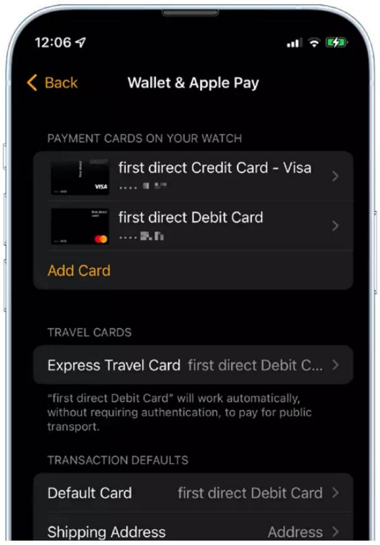
Notification Grouping Automatically >

FRIENDS

James Gale >
james@bdmpublications.com >
+44 7593 454195 >

In the Walkie-Talkie section, you can customise the feature's notification access. To add a contact to Walkie-Talkie, go to the app on your Apple Watch, select the contact in question (drawn from your Contacts app), and turn it on; then they appear here.

Wallet & Apple Pay


12:06
Back Wallet & Apple Pay

PAYMENT CARDS ON YOUR WATCH

first direct Credit Card - Visa ···· [redacted] >
first direct Debit Card ···· [redacted] >
Add Card

TRAVEL CARDS

Express Travel Card first direct Debit C... >

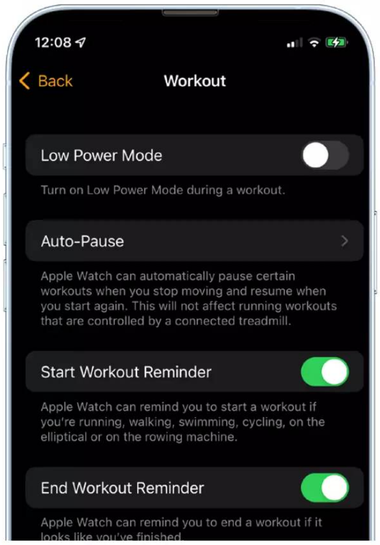
"first direct Debit Card" will work automatically, without requiring authentication, to pay for public transport.

TRANSACTION DEFAULTS

Default Card first direct Debit Card >
Shipping Address Address >

If you want to add credit and debit cards to your Apple Watch's Wallet & Apple Pay app, do so here. Tap Add Card and follow the instructions. Tap a card for its details and the opportunity to remove it. You can also set a default card to use, a shipping address and more.

Workout


12:08
Back Workout

Low Power Mode ○

Turn on Low Power Mode during a workout.

Auto-Pause >

Apple Watch can automatically pause certain workouts when you stop moving and resume when you start again. This will not affect running workouts that are controlled by a connected treadmill.

Start Workout Reminder ●

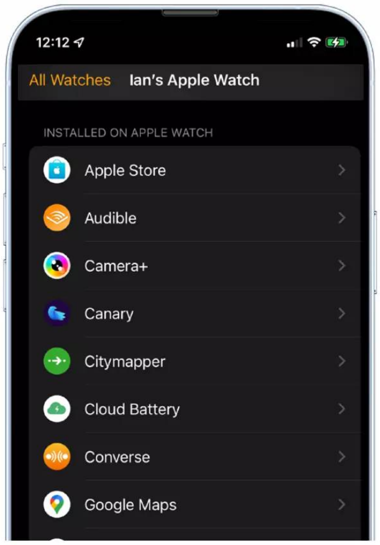
Apple Watch can remind you to start a workout if you're running, walking, swimming, cycling, on the elliptical or on the rowing machine.

End Workout Reminder ●

Apple Watch can remind you to end a workout if it looks like you've finished.

Workout is another popular watch feature. Tap Workout View to customise the information fed to you by specific workouts. Power Saving Mode turns off a few features to save battery power when working out, and there are lots of other things you can set up too.

Third-party Apps


12:12
All Watches Ian's Apple Watch

INSTALLED ON APPLE WATCH

Apple Store >
Audible >
Camera+ >
Canary >
Citymapper >
Cloud Battery >
Converse >
Google Maps >

At the bottom of the My Watch section are third-party apps that can appear on your watch; first those you've installed, and then those on your iPhone, but not yet installed on your watch. Tap Install to do so. Tap an app that's on your watch and you can remove it.

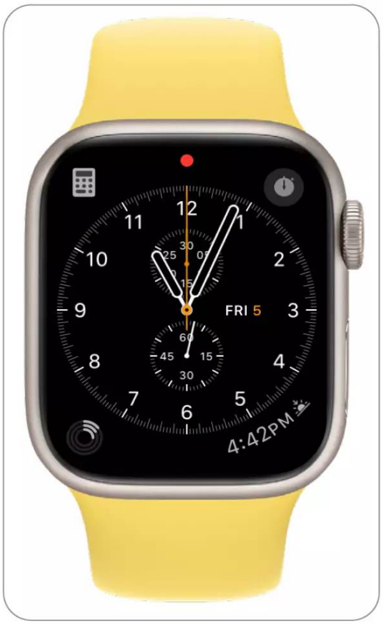
Notifications on Watch

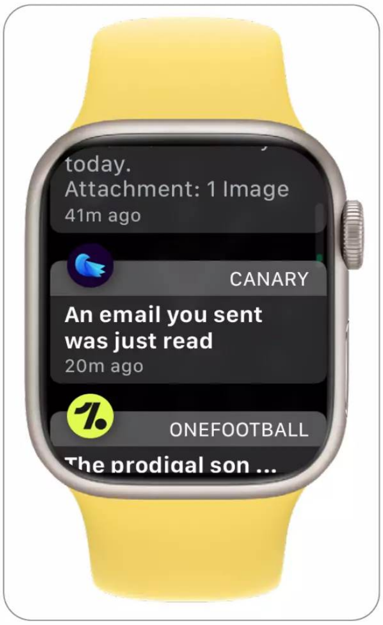
Your Apple Watch brings you a wealth of notifications from built-in apps such as Calendar, Mail, Messages, Maps and Activity. Third-party apps can also send notifications. From watchOS 9 onwards, incoming notifications arrive in discreet, unobtrusive banners when the watch is active too. Here's how to use and configure your Apple Watch's notifications.

Clear All
Yesterday, 10:1...
Trending for you: "Time Shelter: Winner of the..." by...
Yesterday, 2:24...

Using Your Notifications

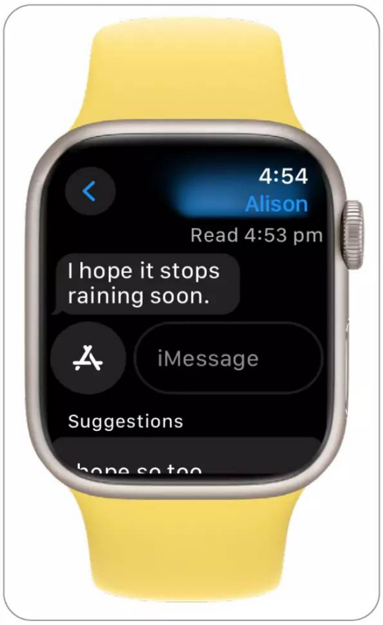
Making use of the Apple Watch's notifications feature is easy. Follow this guide and you'll soon have a huge amount of information right there at your fingertips, sent by your favourite apps and services on your Apple Watch.




today.
Attachment: 1 Image
41m ago

CANARY
An email you sent was just read
20m ago

ONEFOOTBALL
The prodigal son ...


4:54
Alison
Read 4:53 pm
I hope it stops raining soon.

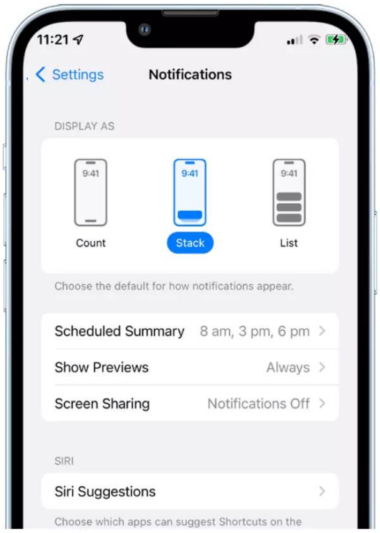
1 When your Apple Watch has received a notification which you haven't yet read, a red dot is shown at the top of the screen. Swipe down on the screen to review your notifications, whether read or unread.

2 Scroll through notifications with the Digital Crown. You get previews of each item; tap one for the full notification. If it's a first-party app, tap again to go to the app that created it, eg, an email takes you to the Mail app.

3 Look at your watch as soon as you hear the notification tone and you see an indicator from the app that sent it, followed by the notification itself. You can stop this happening if you wish. Read on to see how.

Configuring Your Notifications

Your Apple Watch's notifications service is far more effective when you've configured it to suit your specific needs. Here's a brief guide to doing just that, using the iPhone's Watch app.



11:21

Settings | Notifications

DISPLAY AS

Count | Stack | List

Choose the default for how notifications appear.

Scheduled Summary | 8 am, 3 pm, 6 pm

Show Previews | Always

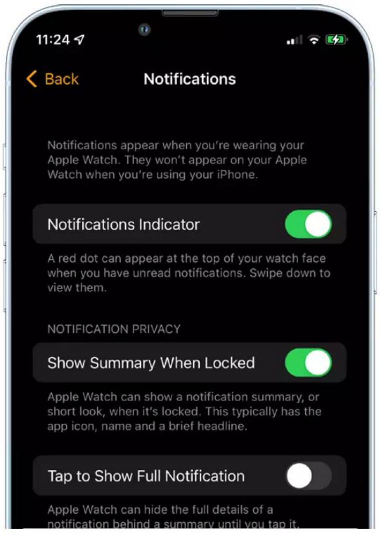
Screen Sharing | Notifications Off

SIRI

Siri Suggestions

Choose which apps can suggest Shortcuts on the

1 On your iPhone open the Settings app and go to Notifications. Tap on an app name to see how that particular app sends notifications to your iPhone. When its Apple Watch component is set to 'Mirror iPhone', this is what the setting does.



11:24

Back | Notifications

Notifications appear when you're wearing your Apple Watch. They won't appear on your Apple Watch when you're using your iPhone.

Notifications Indicator

A red dot can appear at the top of your watch face when you have unread notifications. Swipe down to view them.

NOTIFICATION PRIVACY

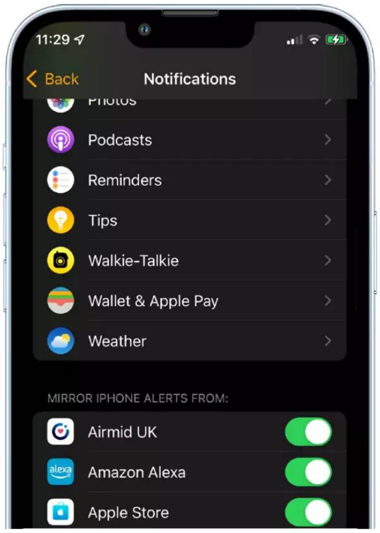
Show Summary When Locked

Apple Watch can show a notification summary, or short look, when it's locked. This typically has the app icon, name and a brief headline.

Tap to Show Full Notification

Apple Watch can hide the full details of a notification behind a summary until you tap it.

2 Now open the iPhone's Watch app and go to My Watch > Notifications. The first option switches on and off the red notification indicator mentioned earlier. The tap an app in the list lower down the screen to configure how notifications are shown on your watch.



11:29

Back | Notifications

Photos

Podcasts

Reminders

Tips

Walkie-Talkie

Wallet & Apple Pay

Weather

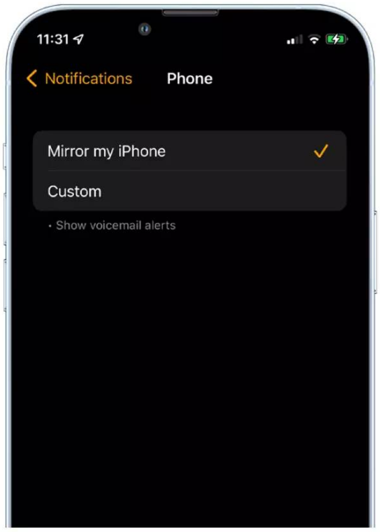
MIRROR IPHONE ALERTS FROM:

Airmid UK

Amazon Alexa

Apple Store

3 The apps list is divided into two sections. The first list is of built-in apps; tap one to see its individual notification settings. The second list is mostly third-party apps, with a switch to mirror the iPhone notification settings or turn them off.



11:31

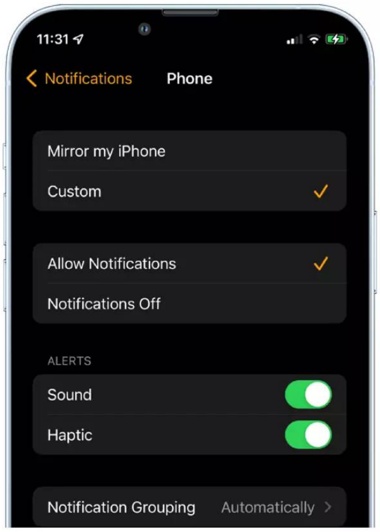
Notifications | Phone

Mirror my iPhone ✓

Custom

• Show voicemail alerts

4 Each app has its own notification options. If you choose to Mirror my iPhone, the settings are the same as the ones you set for the iPhone version of the app; it's in the iPhone's Settings app under Notifications (see Step 1).



11:31

Notifications | Phone

Mirror my iPhone

Custom ✓

Allow Notifications ✓

Notifications Off

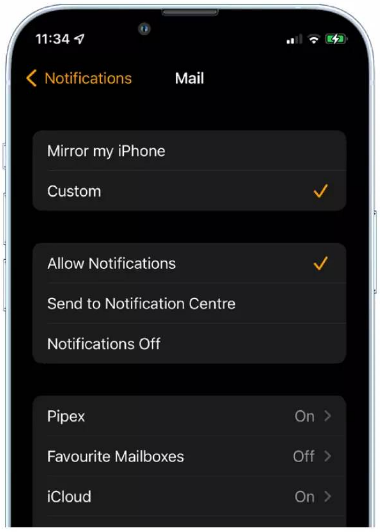
ALERTS

Sound

Haptic

Notification Grouping | Automatically

5 If you choose Custom settings you can modify and customise the Apple Watch notifications independently of those set up for the iPhone version of the app. Options chosen here do not change your iPhone's notification settings.



11:34

Notifications | Mail

Mirror my iPhone

Custom ✓

Allow Notifications ✓

Send to Notification Centre

Notifications Off

Pipex | On

Favourite Mailboxes | Off

iCloud | On

6 The notifications for your Mail app can be set up separately for each individual mailbox. Tap on one of them to set up that mailbox's notifications, so you can, for example, have alerts from one mailbox but not the others.

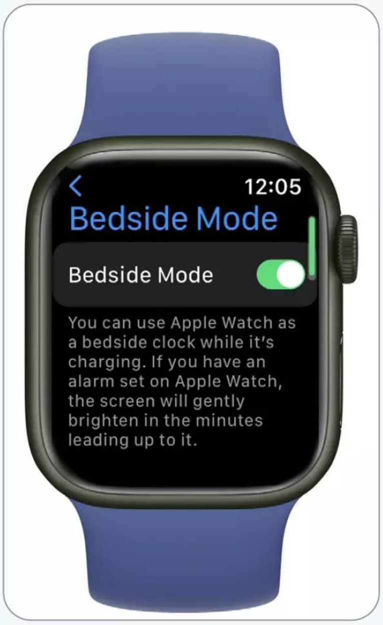
Bedside Mode on Watch

Introduced with watchOS 2.0, the Apple Watch's Bedside Mode (formerly Nightstand Mode) is a real boon for those who charge their watch on their bedside table. When it's active and the watch is charging, you can tap it – or the table it's charging on – to display the time in luminous green digits.

7:29
Monday 8
Alarm 7:30AM

Setting Up and Using Bedside Mode

Bedside Mode is easy to use, and works regardless of whether you charge your watch on a stand or with just the charging cable. It works whether your watch is in landscape mode or portrait mode too.



You can use Apple Watch as a bedside clock while it's charging. If you have an alarm set on Apple Watch, the screen will gently brighten in the minutes leading up to it.

12:24
Tuesday 2
Alarm 7:00AM

1 To activate your Apple Watch's Bedside Mode, in the watch's Settings app, go to General > Bedside Mode and switch it on. It's as easy as that. Alternatively, in the iPhone's Watch app, go to My Watch > General > Bedside Mode and switch it on there instead.

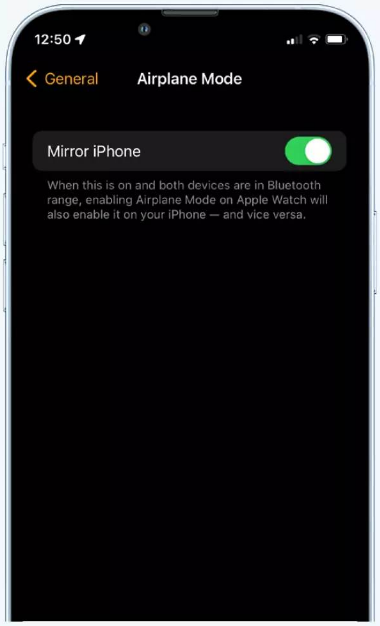
2 For Bedside Mode to function, the watch must be on a charging stand; horizontally, vertically or laid flat. It needs to be charging too. It can't be used if your watch isn't connected to the mains. But if it is, the watch displays the current time, date, next alarm and battery level until it goes to sleep. To bring it out of sleep mode, you need only touch the watch or even tap the table on which it's sat and the figures appear again. It's a really convenient bedside alarm clock for when you're travelling, and many Apple Watch stands are designed to hold the watch in a position where you can see the screen without sitting up.

Airplane Mode on Watch

When your electronic devices are in Airplane Mode, connectivity functions such as Bluetooth, Wi-Fi and phone calls are disabled. This is because airlines demand you close down these features in case they interfere with the plane's navigation systems. Here's how to use Airplane Mode on your Apple Watch.

Activating and Deactivating Airplane Mode

With Airplane mode you can safely and legally use your watch on an aircraft. Here's a guide to activating Airplane Mode on your Apple Watch and iPhone, switching off all outside communication.

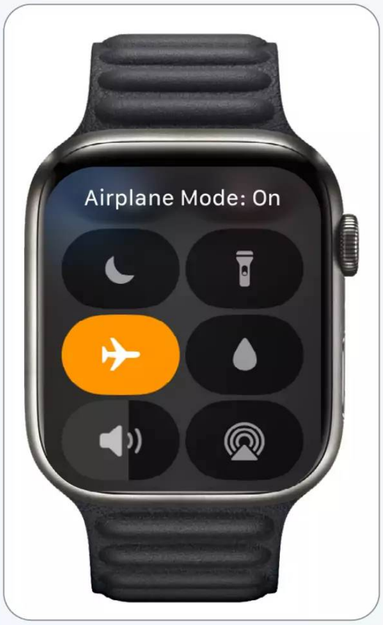


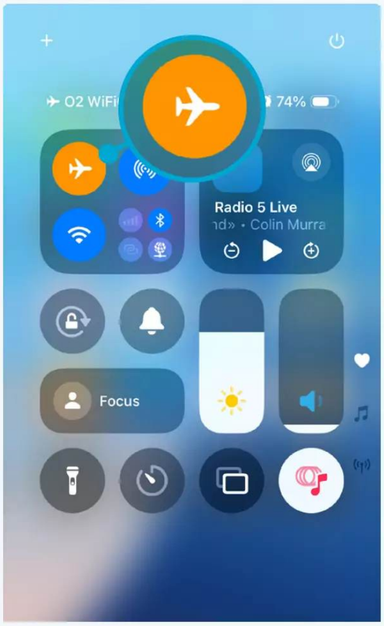
12:50

< General Airplane Mode

Mirror iPhone

When this is on and both devices are in Bluetooth range, enabling Airplane Mode on Apple Watch will also enable it on your iPhone — and vice versa.





1 On the iPhone, in the Watch app, open the My Watch tab bottom left. Now go to General > Airplane Mode. You can then choose whether to Mirror iPhone, that is, when the Apple Watch is put into Airplane Mode, the iPhone also activates this mode and vice versa.

2 On the Apple Watch, go to Settings > Airplane Mode, and switch it on or off. Alternatively, press the Side Button to open the Control Centre, scroll up and tap the Airplane Mode icon. Repeat to turn it off. An orange airplane icon on the watch screen shows when it's active.

3 To activate Airplane Mode on your iPhone, swipe in from the top-right corner of the screen for Control Panel and tap the Airplane Mode icon. You can also activate it from your Apple Watch by swiping up from the bottom of the screen and tapping the airplane icon.

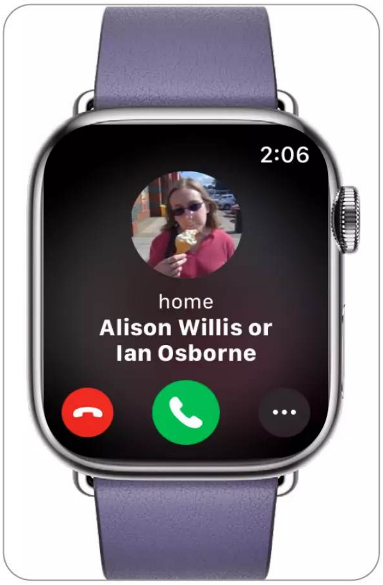
Phone Calls on Your Watch

In science fiction movies of old, the hero would take a phone call simply by speaking into his watch. Now those days are here for real. With your Apple Watch, you can make and receive iPhone calls right from your wrist, without even getting your mobile out of your pocket. Here's how to use your Apple Watch for telephone calls and look like a secret agent too.

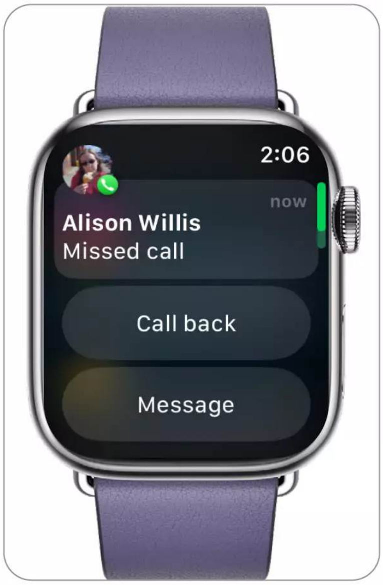
3:30
Alison Willis
INCOMING CALL

Taking and Making Calls on Your Watch

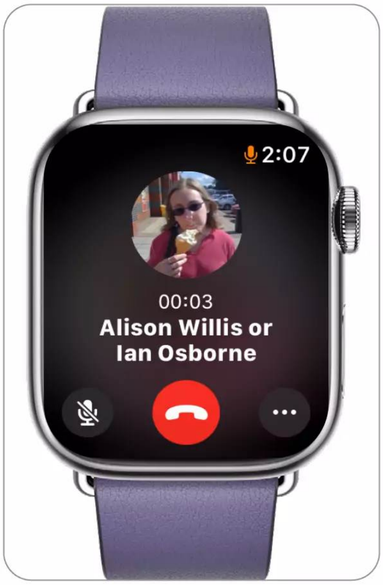
If someone rings your iPhone while you're wearing your Apple Watch, the watch rings and vibrates too. You can then take the call on your watch. You can also initiate a call on Apple Watch.


2:06
home
Alison Willis or
Ian Osborne
•••

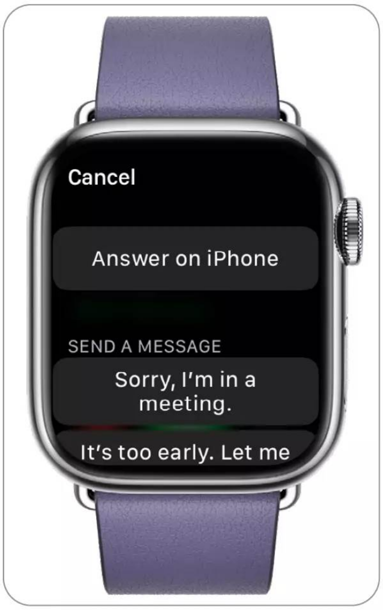
1 When you get an incoming call, your watch screen looks like this. There are two buttons you can press. The green one takes the call on your Apple Watch and the red one declines it. If the caller is in your contacts, a name is shown. If not you see their number.


2:06
now
Alison Willis
Missed call
Call back
Message

2 If you're too late and the caller rings off before you can accept or decline the call, you get a Missed Call notification. Tap it for a screen that lets you call back or send a text message to the person who called you. It's useful if you have your hands full.


2:07
00:03
Alison Willis or
Ian Osborne
•••

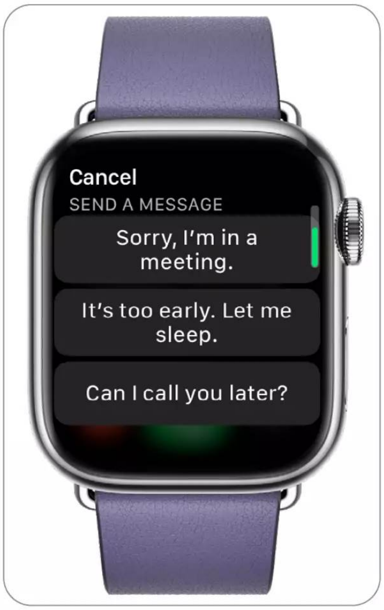
3 While the call is taking place, use the digital crown to raise or lower the volume. The name of the caller and the duration of the call are shown. Press the red button to end the call or the microphone button to temporarily mute it, and the three-dots button for the keypad.


Cancel
Answer on iPhone
SEND A MESSAGE

Sorry, I'm in a meeting.

It's too early. Let me

4 If you'd rather take a call on your iPhone instead of answering on your Apple Watch, maybe because the call is private, when your watch rings tap the three-dots button. On this screen tap the Answer on iPhone button, found at the top, to take the call on your phone.

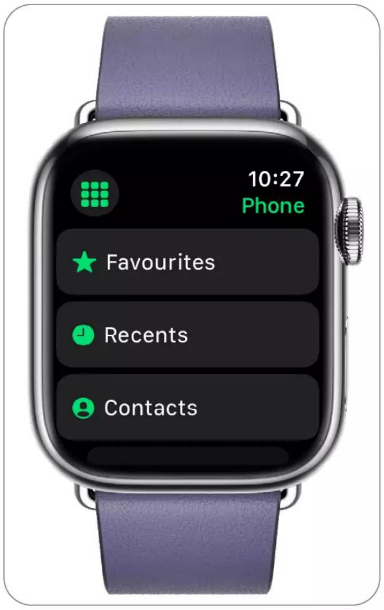

Cancel
SEND A MESSAGE

Sorry, I'm in a meeting.

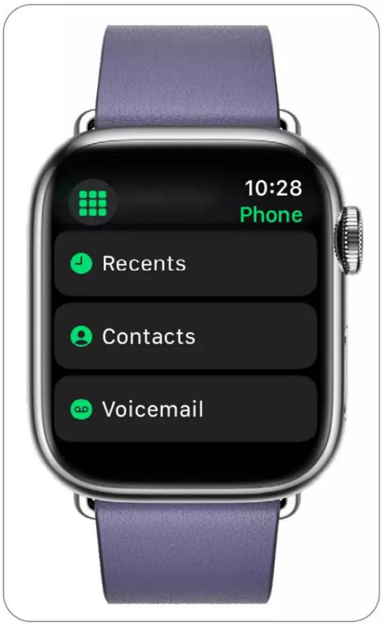
It's too early. Let me sleep.

Can I call you later?

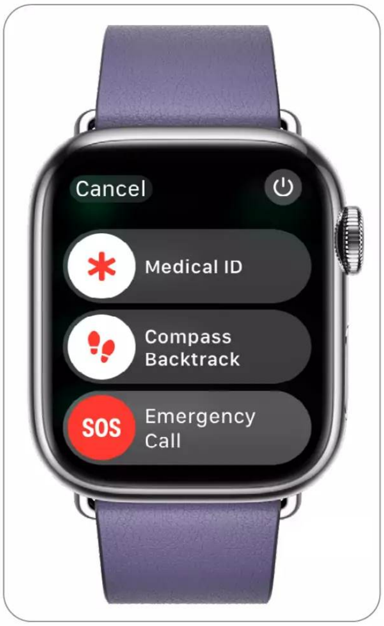
5 If you'd like to decline a call with a short text message, tap the three-dots button on the incoming call screen, and scroll to see these messages. Tap one to send it. Also, placing your hand over the watch face stops it ringing, but doesn't immediately decline the call.


10:27
Phone
Favourites
Recents
Contacts

6 To initiate a phone call from your Apple Watch, first open the Phone app. You can do this in the usual way, by pressing the Digital Crown and navigating to the app's icon, but there's a quicker way too. Simply press the Digital Crown twice to go straight there.

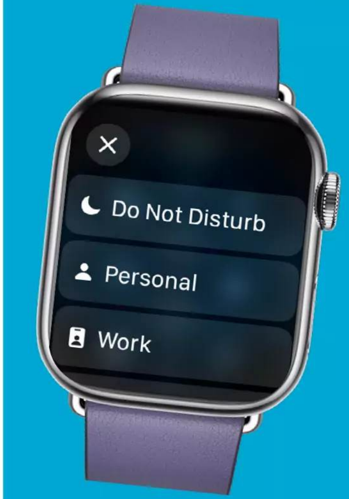

10:28
Phone
Recents
Contacts
Voicemail

7 From the Phone app screen, you can select contacts you've designated as Favourites, recent callers or your Contacts app. Tap a phone icon to make a call. Alternatively, tap the keypad icon to type a number to call. To take your voicemails, scroll up to the Voicemail button.


Cancel
Medical ID
Compass Backtrack
SOS
Emergency Call

8 To call your country's emergency number, press and hold the Side Button until the sliders appear, then slide the Emergency SOS option. If you can't use the slider, keep holding the Side Button and a timer counts down from five, making the call when it's finished.

Do Not Disturb


Do Not Disturb
Personal
Work

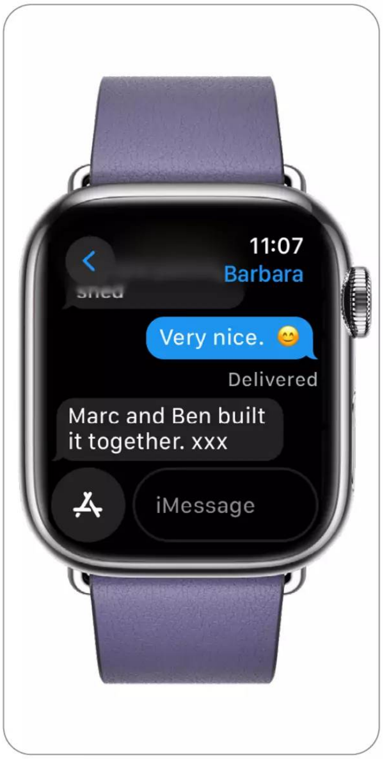
If you want your privacy for a while and don't want to take calls, you can activate the Do Not Disturb function. Press the Side Button to get to the Control Centre and then tap the moon icon to get to this screen. Tap Do Not Disturb, then choose whether to turn it on, turn it on for an hour only, activate it until tomorrow or keep it on until you leave your current location.

The QuickPath and Scribble Features

With the bigger screen offered by recent Apple Watches, buttons and features have been made bigger and easier to use. This has also made possible two great features; QuickPath, an on-screen virtual keyboard; and Scribble, whereby you can write messages one letter at a time. Here's how these features work.

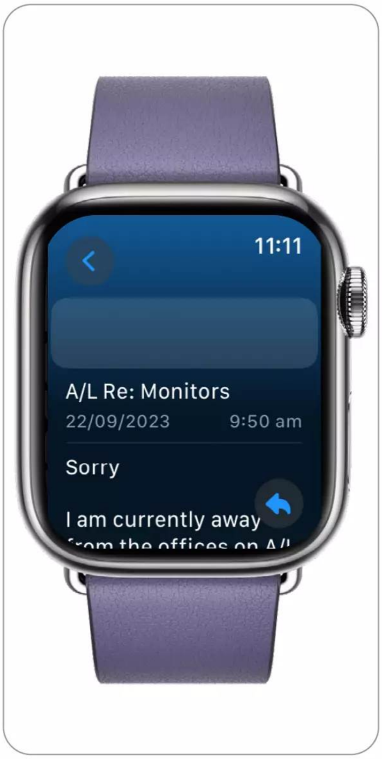
The QuickPath Feature

In a first for the Apple Watch, the Series 7 models and later include a virtual QWERTY keyboard with which you can write a message or email with one finger, dragging it over the virtual keys. It's a great new feature.



Very nice. 😊

Marc and Ben built it together. xxx

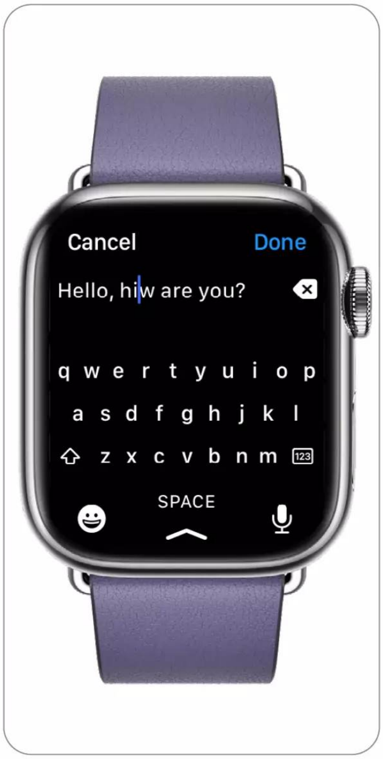


A/L Re: Monitors

22/09/2023 9:50 am

Sorry

I am currently away



Hello, hiw are you?

1 In the Messages app, navigate to the conversation to which you want to reply, and scroll to the text entry field. Tap it to go to the QWERTY keyboard, with which you can enter text.

2 In the email app, either tap the left-pointing chevron and tap the New Message icon, or find a message to reply to and tap the Reply icon. Tap Add Message, then tap the text field.

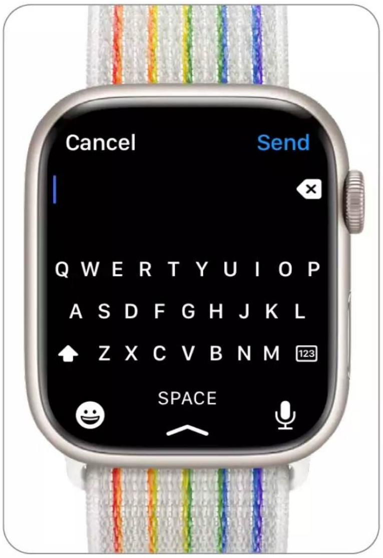
3 To type, drag your finger from letter to letter or tap the keys. Tap the '123' key for symbols, then the '#+=' key for more. 'ABC' takes you back to letters. To correct an error, scroll to it with the Digital Crown.

The Scribble Feature

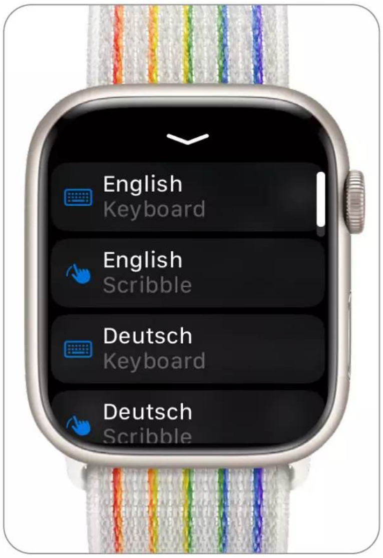
Another way of entering text on your Apple Watch is by using the Scribble feature, whereby you compose your text by drawing individual letters one at a time to compose your text. It's a surprisingly intuitive way of typing.

Cancel
Send
SPACE

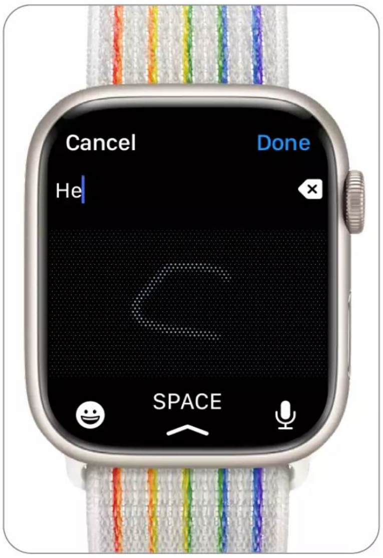
Hello


Cancel
Send
Q W E R T Y U I O P
A S D F G H J K L
Z X C V B N M
123
SPACE

1 To write a message or email using Scribble, first of all, navigate to the QWERTY keyboard as described earlier. Swipe up from the chevron at the foot of the screen, under the keyboard.

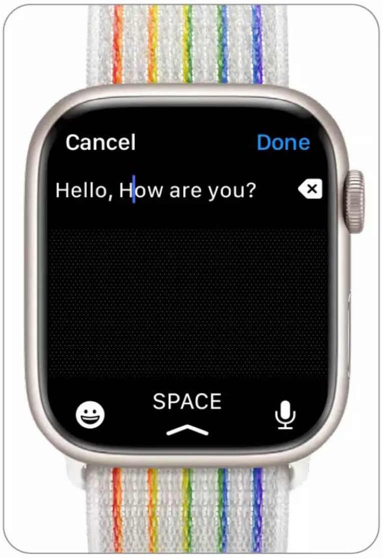

English Keyboard
English Scribble
Deutsch Keyboard
Deutsch Scribble

2 On this next screen, you can select the Keyboard, if you change your mind and wish to type, or the Scribble option for each language you have installed on your Apple Watch. Tap a Scribble button.


Cancel
Done
SPACE

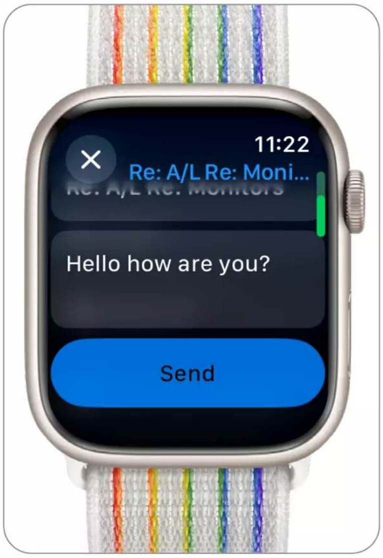
He

3 You can now write a message, one letter at a time, on your screen. Use the word 'space' at the foot of the screen to type a space. You can type punctuation as well as words.


Cancel
Done
SPACE

Hello, How are you?

4 Once again, you can scroll to a mistake in your text with the Digital Crown. Use the delete icon in the top-right corner of the screen. Tap it to delete the character before the blue line.


11:22
Re: A/L Re: Moni...
Send

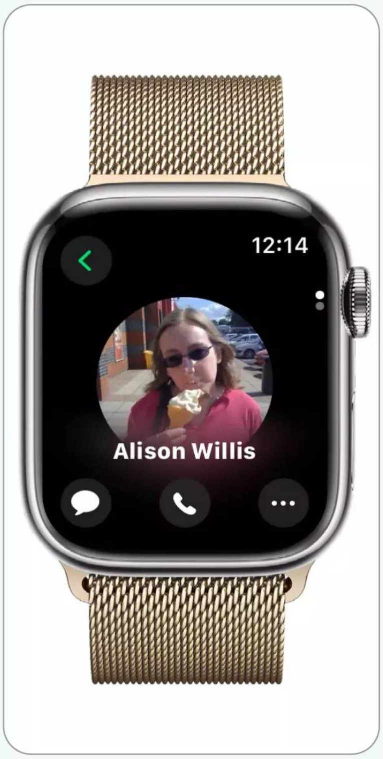
Hello how are you?

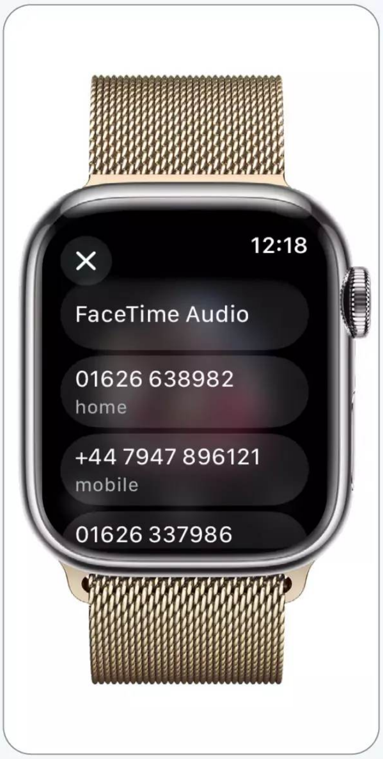
5 When you've finished typing your email, tap Done, then Send. If you've typed a message, tap the Send link in the top-right corner of the Apple Watch screen. Either way, your text is sent.

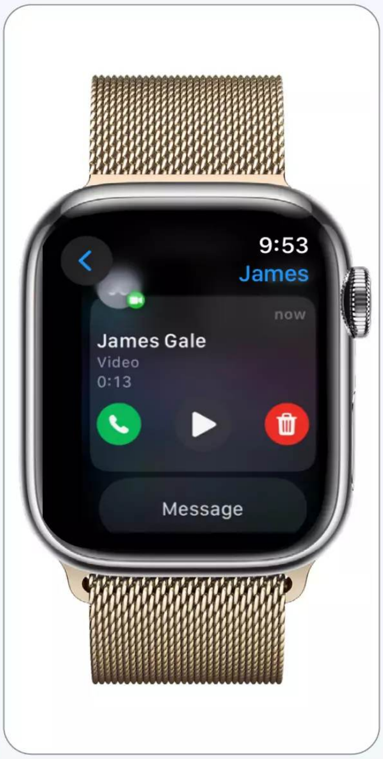
FaceTime from your wrist

4:39
James
0:07

As well as being Apple's key video calling platform, FaceTime also allows you to make and receive Audio calls. The Apple Watch has no camera, but because it has both a microphone and a speaker, you can still make and receive FaceTime voice calls right from your wrist. Here's a guide to making FaceTime calls using your amazing Apple Watch.


12:14
Alison Willis


12:18
FaceTime Audio
01626 638982
home
+44 7947 896121
mobile
01626 337986


9:53
James
now
James Gale
Video
0:13
Message

1 First press the Digital Crown to launch the App Picker and tap the Phone app icon. On the next screen, tap the Contacts button. Find the contact you want to call, and open their contact card. The first thing you see, under their picture, is a row of icons. Tap the Phone icon.

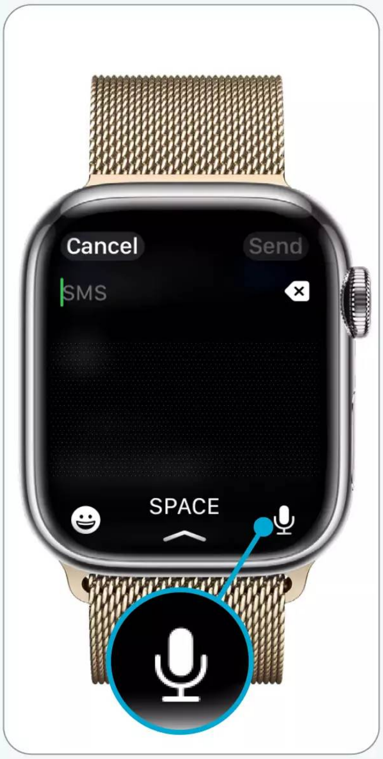
2 On the next screen, you're offered a range of call options. Tap FaceTime Audio, and you make the call. If you prefer, you can use Siri to place the call. Just hold the Digital Crown to summon Apple's personal digital assistant, and say 'FaceTime [Name of contact]'.

3 In iOS 17 and macOS Sonoma, you can leave a video or audio message should someone you FaceTime call not pick up. In watchOS 10, you can review those messages on your watch. Just tap on the notification that appears, and play it back in the usual way.

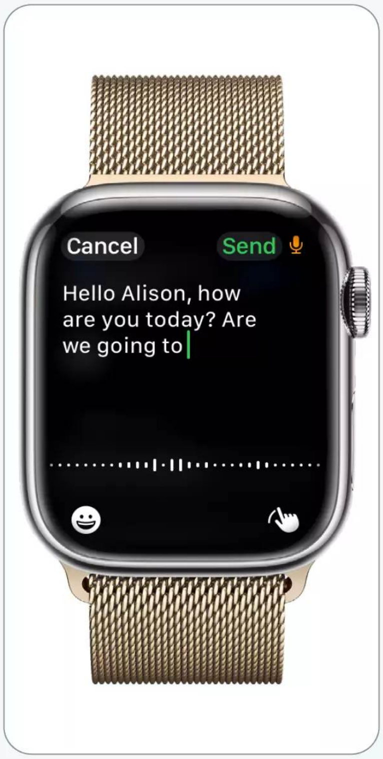
Dictation on Your Watch

As well as typing your text on a virtual keyboard or writing it one letter at a time with Scribble, you can also use Dictation to speak your message. It's then converted into text, which you can edit and send. Text might be sent to Apple and processed on Siri servers if you've chosen to share, but the process is completely private.

Cancel
Send
Hello Alison how are you today? Are we going to

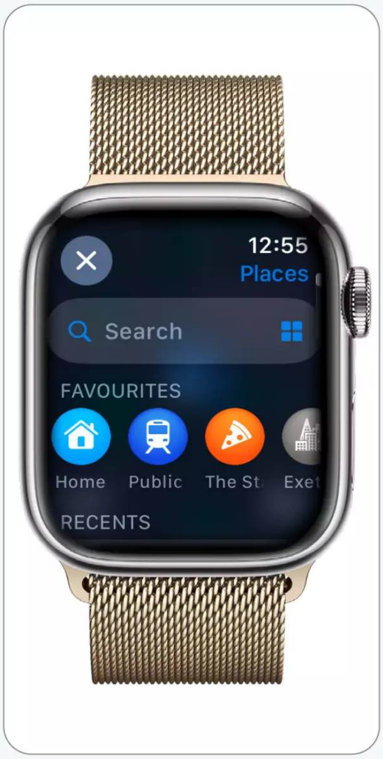


1 You can use Dictation wherever you see the microphone icon when invited to enter a message. On the virtual keyboard, for example, the microphone is shown in the bottom-right corner of the screen. Likewise, on the Scribble screen, it's right there too.



Hello Alison, how are you today? Are we going to

2 Tap the microphone icon and speak your message, which is immediately converted to text. If it's all OK, tap Send to send it. If you want to edit it, tap the icon in the bottom-right to get back to the Scribble or keyboard screen, so you can edit the text.



3 Dictation is not just for sending messages. You can also use it to add a reminder to your Reminders app. In Maps, you can use it to search for your destination. It works almost anywhere that you need to enter text on your Apple Watch.

Siri on Your Watch

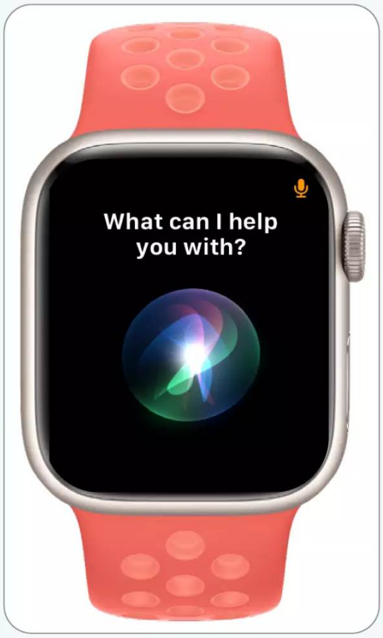
Chances are you're already familiar with Siri on your iPhone, but did you know your Apple Watch also includes Apple's capable digital assistant? This tutorial couldn't possibly cover everything Siri can do, but if there's something you'd like to voice activate or a question you'd like to ask, give it a go. The more you use Apple's amazing assistant, the better it gets.

Mirror mirror on the wall who's the fairest of them all

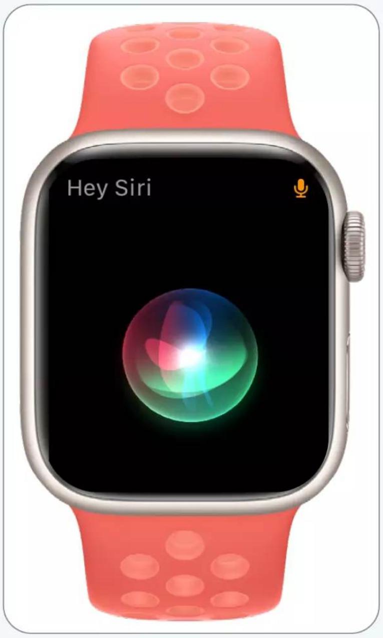
Snow White? Is that you?

Activating and Using Siri

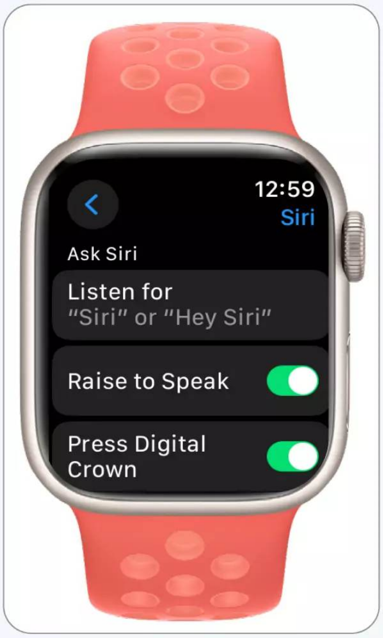
Your Apple Watch's Siri feature is amazing. You can use it to open an app, set timers, make a phone call, send a message, play some music and more. Here's how to get started with Siri and make use of it on Apple Watch.



What can I help you with?



Hey Siri

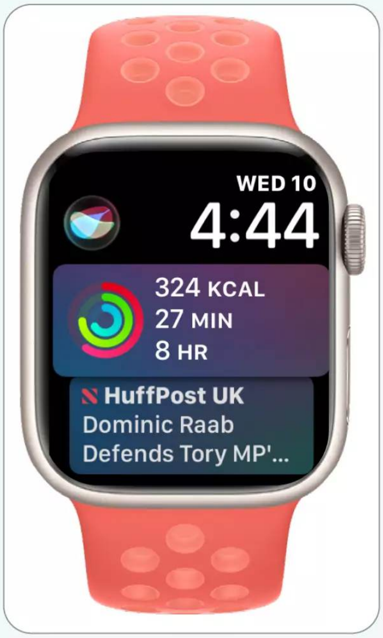


12:59
Siri
Ask Siri
Listen for "Siri" or "Hey Siri"
Raise to Speak ●
Press Digital Crown ●

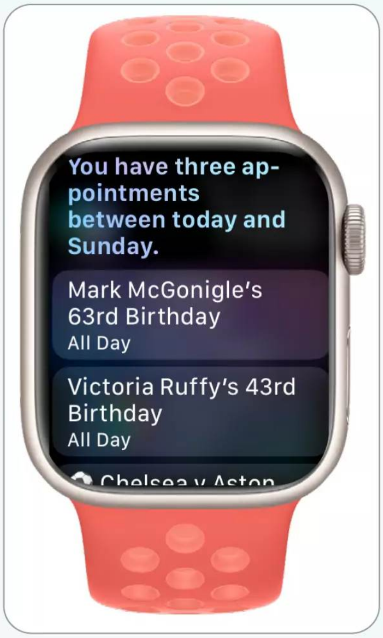
1 There are several ways you can activate Siri on your Apple Watch. The easiest is to hold the Digital Crown button until Siri appears. A microphone icon shows your watch's mic is being used.

2 Alternatively, you can say, 'Hey Siri' or 'Siri', and it opens. Either way, you can dismiss the Siri service by pressing the Digital Crown once. Ideal if you open Siri by accident and don't need it.

3 Open the Settings app and tap the Siri option and you can configure it to your requirements. You can choose how Siri is activated, check your Siri history, change its language or voice and more.


WED 10
4:44
324 KCAL
27 MIN
8 HR
HuffPost UK
Dominic Raab Defends Tory MP'...

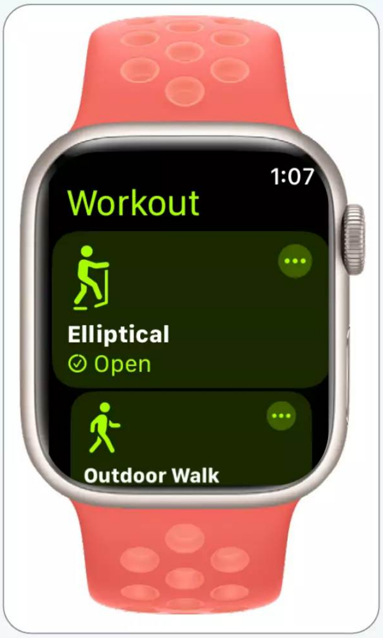
4 Finally, if you use the Siri face on your Apple Watch, you can activate Siri by using a Complication. Assuming you haven't removed this Complication, it's in the top-right corner of the watch face.



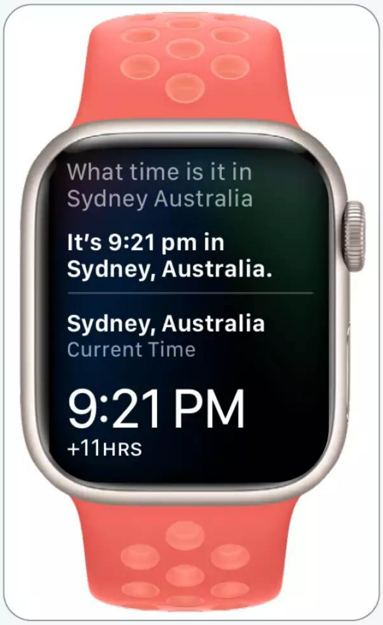
You have three appointments between today and Sunday.

Mark McGonigle's 63rd Birthday
All Day
Victoria Ruffy's 43rd Birthday
All Day
Chelsea v Aston

5 Siri is awesome for checking your Calendar app. With phrases like "What's scheduled for tomorrow?" or "What appointments do I have for the rest of the week?" you can get Siri to help.


1:07
Workout
Elliptical
Open
Outdoor Walk

6 You can open an app using Siri too. Just say "Open [app name]" and it's opened for you, right on the screen. It's great if your hands are full and you can't use the watch buttons.

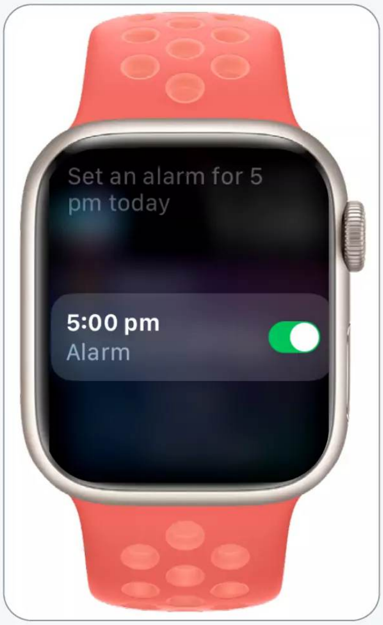


What time is it in Sydney Australia

It's 9:21 pm in Sydney, Australia.

Sydney, Australia
Current Time
9:21 PM
+11HRS

7 If you want to check what time it is somewhere in the world, without setting up a World Clock on your iPhone, just open Siri and say, "What time is it in [place name]?" and your digital personal assistant does the rest. It's great for quick and easy reference.



Set an alarm for 5 pm today

5:00 pm
Alarm

8 Siri's also great at setting timers and alarms. Use instructions such as "Set me an alarm for 7am tomorrow", "Cancel my next alarm", "Set a countdown timer for [time]" or "Open the stopwatch". There's a wealth of functionality right there on your wrist.

More from Siri

Siri can make phone calls and send messages. "Call [person's name]" and they're contacted for you, or "Send a message to [person's name] saying [the message]", and a text message is promptly dispatched.

You can use Siri to check sports information. Ask "What was the result of the last [team] game?" or "Who do the [team] play next?", and you're told.

It can use calculate sums. If you're in a restaurant, for example, you can ask Siri to divide the bill between the number of people paying it. For a bit of fun, ask, "divide zero by zero". It does conversions too, such as yards to metres, pounds to kg or between currencies. Ask a question such as "How tall is Mount Everest?" or "What's the capital of Peru?", and the answer is gleaned from the web and given to you.

Siri is a terrible comedian. Ask the assistant to tell you a joke, and it will – but the joke will be terrible. Try a few silly things too. What is the meaning of life? Why did the chicken cross the road? Which came first, the chicken or the egg? Who am I?

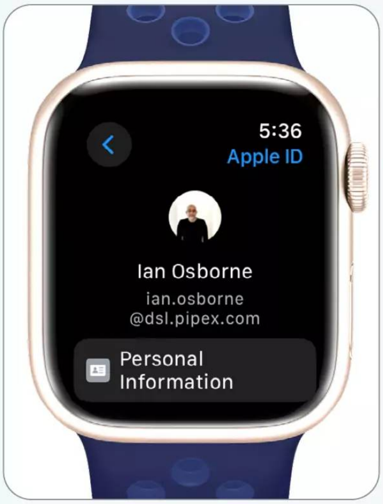
Settings on Your Watch

The Settings app on the Apple Watch does more than you think; and it's easy to find. On the Home screen, look for the grey icon showing an industrial cog, like the Settings app on the iPhone. Open this and you can access all sorts of features such as Bluetooth pairing, Privacy, Health, Do Not Disturb, Airplane Mode and Accessibility for the visually or hearing impaired. Let's take a look.

What Settings Can Do for You

Open the Settings app and you'll see a long list of option categories. Here we'll go through them step by step, taking each in turn. With our guide, you can make all sorts of changes to the way your Apple Watch works.

Apple ID



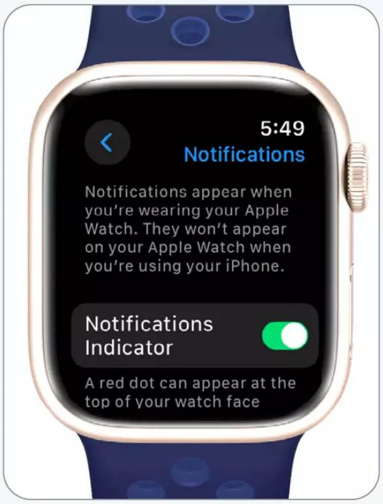
5:36
Apple ID

Ian Osborne
ian.osborne
@dsl.pipex.com

Personal Information

At the top of the Settings app is an option displaying your name. Tap this for your Apple ID options. Under this option you can change your screen name, primary and secondary email addresses, your password and more. Scroll up for a list of all your Apple gear.

Notifications



5:49
Notifications

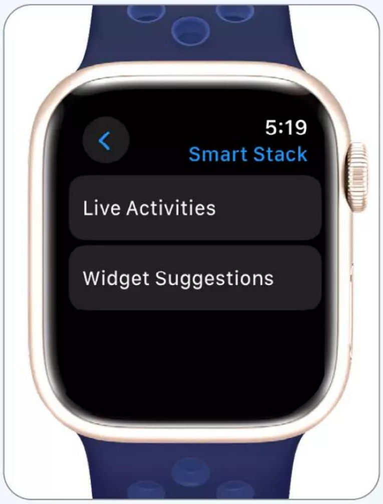
Notifications appear when you're wearing your Apple Watch. They won't appear on your Apple Watch when you're using your iPhone.

Notifications Indicator ●

A red dot can appear at the top of your watch face

In the Notifications section of Settings, you can turn off the red dot that appears above the watch face when a notification has arrived. You can also turn other features on and off, including Show Summary When Locked, Tap to Show Full Notification and more.

Smart Stack



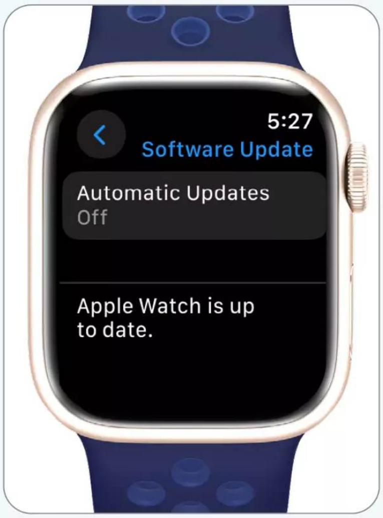
5:19
Smart Stack

Live Activities

Widget Suggestions

Smart Stack lets you turn Live Activities on or off, on a per-app basis. This feature lets you watch live sports scores, incoming taxis or deliveries, and more. It also allows Widget Suggestions, which are automatically added to the Smart Stack as needed.

General > Software Update



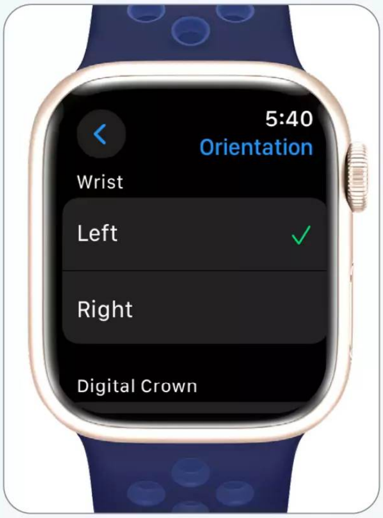
5:27
Software Update

Automatic Updates
Off

Apple Watch is up to date.

Tap Automatic Updates and you can choose to have updates to your Apple Watch install automatically overnight; when your watch is charging. If you don't switch this option on, you'll have to update manually when you get a notification that there's a new update available.

General > Orientation



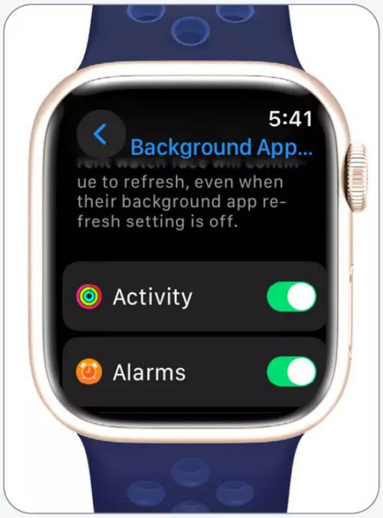
5:40
Orientation

Wrist
Left ✓
Right

Digital Crown

Do you wear your watch on your right or left wrist? Do you prefer your Digital Crown and Side Button on the right-hand or left-hand side of your watch? In this section, you can set this up, so the watch is the right way up and behaves correctly however you wear it.

General > Background App Refresh



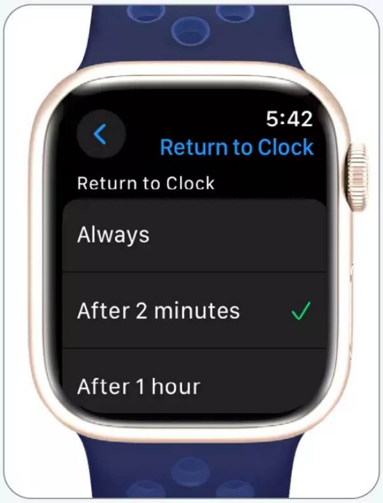
5:41
Background App...

ue to refresh, even when their background app refresh setting is off.

Activity — on
Alarms — on

When on, applications refresh their data even when the app is closed. Switching it off saves battery life, but you have to open an app for it to update information such as Activity rings and incoming emails. You can turn off Background Refresh on a per-app basis too.

General > Return to Clock

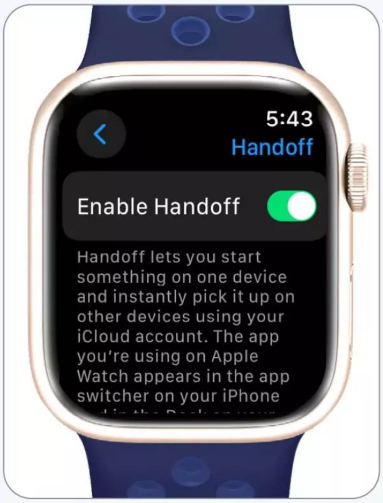


5:42
Return to Clock

Return to Clock
Always
After 2 minutes ✓
After 1 hour

If you launch an app and leave it open, you can set your watch to return to the clock face as soon as you move your wrist, after two minutes or after an hour. You can set individual apps to behave differently to these default settings too, if you wish. Scroll up for the apps.

General > Handoff



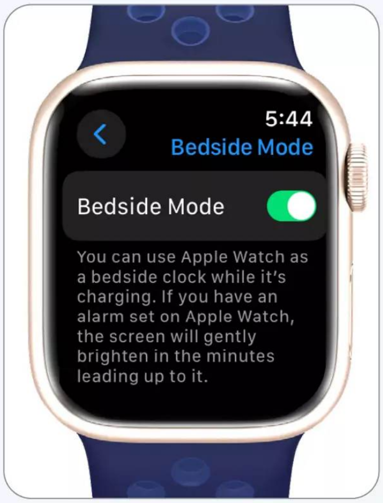
5:43
Handoff

Enable Handoff — on

Handoff lets you start something on one device and instantly pick it up on other devices using your iCloud account. The app you're using on Apple Watch appears in the app switcher on your iPhone

Handoff lets you start a task on one Apple device and pick it up on another. With it on, the app you're using on your watch appears on the iPhone/iPad's App Switcher and the Mac's Dock. Open it on these devices to pick up where you left off on your watch.

General > Bedside Mode



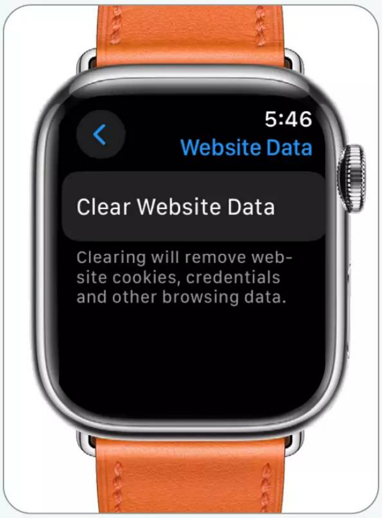
5:44
Bedside Mode

Bedside Mode — on

You can use Apple Watch as a bedside clock while it's charging. If you have an alarm set on Apple Watch, the screen will gently brighten in the minutes leading up to it.

The General Settings page offers a long list of options, including Software Update, Background App Refresh, Orientation, Bedside Mode, Handoff, Dictation, Screenshots and more. Most are self explanatory, but we cover some of the more in-depth ones here.

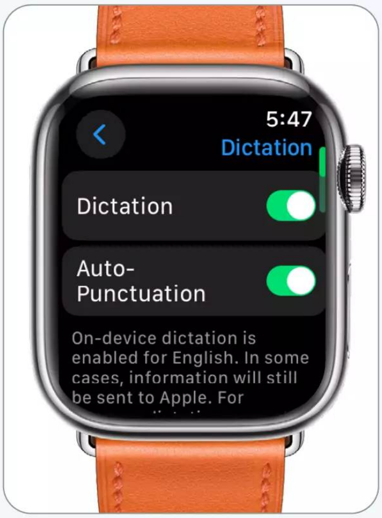
General > Website Data



Clearing will remove website cookies, credentials and other browsing data.

If you want to clear website data such as cookies, credentials and more, open this section and tap the Clear Website Data button. You're invited to clear it or cancel. Clearing website data is good for privacy, but it might slow down reloading pages. It's not really necessary.

General > Dictation

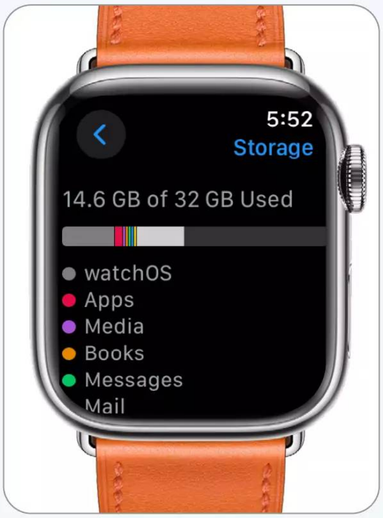


Dictation ●
Auto-Punctuation ●

On-device dictation is enabled for English. In some cases, information will still be sent to Apple. For

If you use your Apple Watch's microphone for Dictation, that is, speaking a message or email and having your speech turned into text, what you say may be sent to Apple for conversion. If you don't want this to happen, turn it off in the General app's Dictation section.

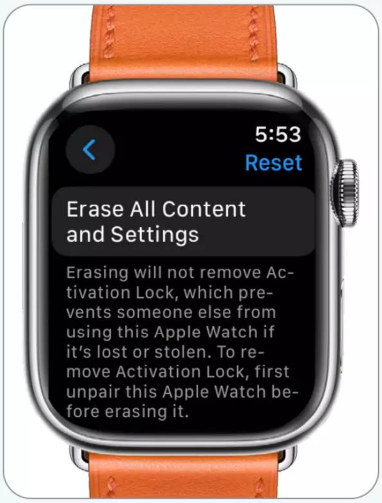
General > Storage



14.6 GB of 32 GB Used

The General app's Storage option shows how much space you have spare on your Apple Watch, and breaks down what you're using your storage for. Scroll up to see your apps listed. Tap one to see how much space the app takes up, and also how much its data uses.

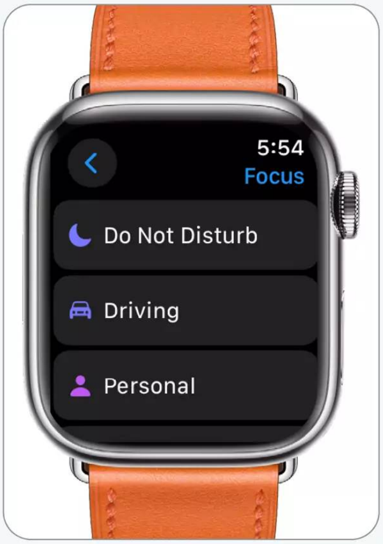
General > Reset



Erasing will not remove Activation Lock, which prevents someone else from using this Apple Watch if it's lost or stolen. To remove Activation Lock, first unpair this Apple Watch before erasing it.

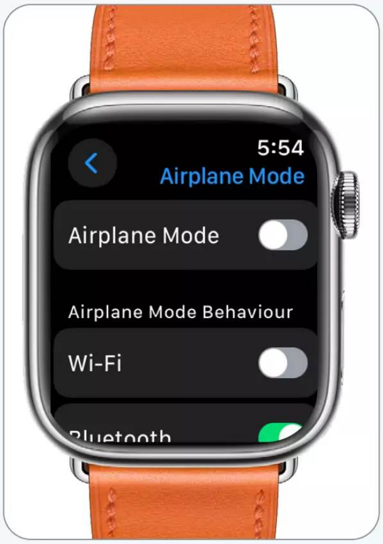
Under this option you can wipe your Apple Watch clean, and start again. It will only remove Activation Lock if you've unpaired it from your iPhone; this is a security feature which prevents a thief using a stolen watch. You can also reset the Home screen here.

Focus



If you've set up Focuses on your iPhone, iPad or Mac, they appear here. If not, you're still offered the default Focuses. Tap one to configure it. Scroll for an option to Mirror my iPhone; with this on, activating a Focus on your phone also activates it on your watch.

Airplane Mode



Airplane Mode ○

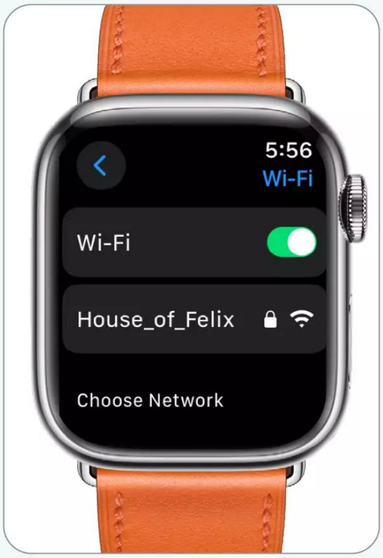
Airplane Mode Behaviour

Wi-Fi ○

Bluetooth ●

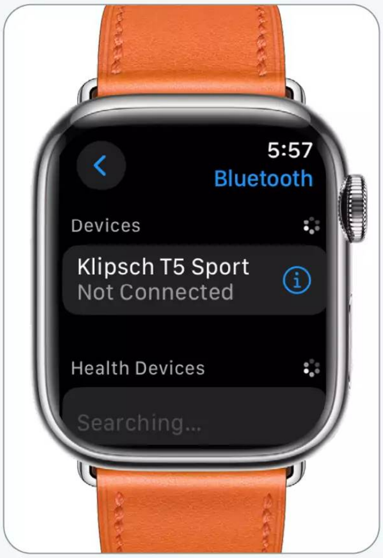
Airplane Mode is required when flying on certain airlines. The Airplane Mode lets you switch it on and off. You can also change its behaviour. By default, it turns off Wi-Fi but not Bluetooth, but you can configure this. It always turns off your cellular data.

Wi-Fi


5:56
Wi-Fi
Wi-Fi
House_of_Felix
Choose Network

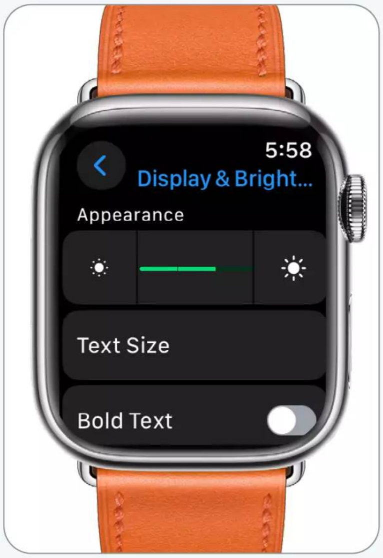
Under this option, you can turn your Apple Watch's Wi-Fi option on and off, and also configure its access to your home network or choose another one to join. You can also set it to automatically join Wi-Fi hotspots, never join them or only join after asking.

Bluetooth


5:57
Bluetooth
Devices
Klipsch T5 Sport
Not Connected
Health Devices
Searching...

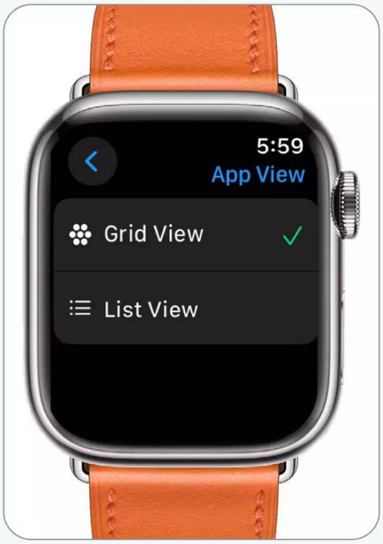
You can pair Bluetooth devices here. Put it into Pairing Mode and open General > Bluetooth, and tap the device when it appears to pair. Tap the 'i' next to a previously paired device and you can delete it from your watch. Scroll for an option to turn Bluetooth off.

Display & Brightness


5:58
Display & Bright...
Appearance
Text Size
Bold Text

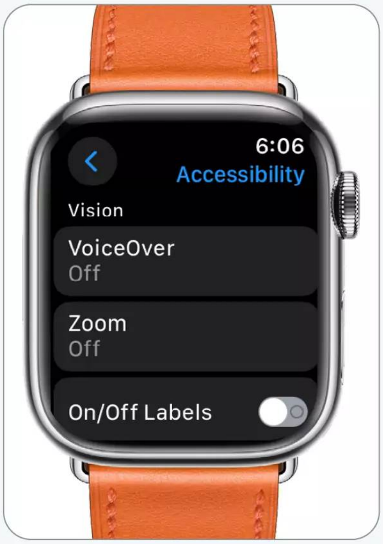
Tap the small or large sun to dim or brighten the screen. Tap Text Size and make on-screen text larger or smaller, and switch Bold Text on or off. You can also change the watch's Always On feature and what's shown, and configure when it wakes from its sleep mode.

App View


5:59
App View
Grid View
List View

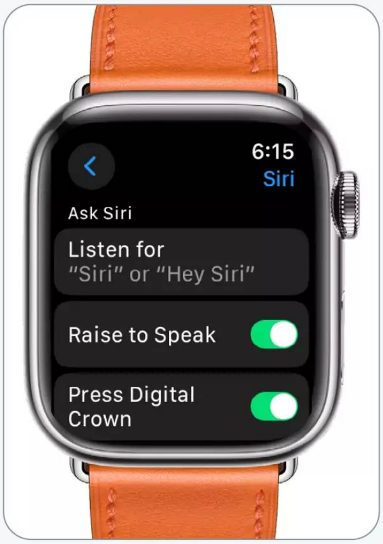
On the Home screen, your Apple Watch's apps can be displayed in Grid View (as round icons set in a grid, like a flower with the watch face in the centre), or a List View (a straightforward list of apps, in alphabetical order). Under App View, you can switch between them.

Accessibility


6:06
Accessibility
Vision
VoiceOver
Off
Zoom
Off
On/Off Labels

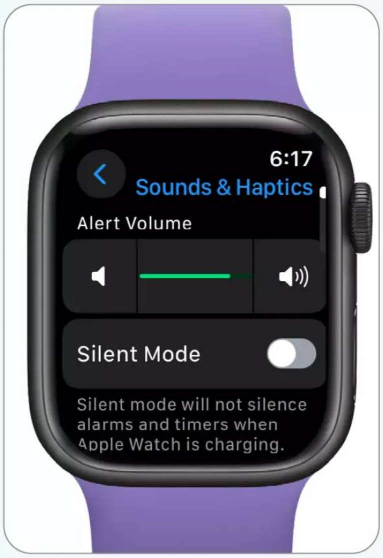
Accessibility is a range of features designed to help people with a visual, motor or hearing impairment use their Apple Watch. If you have trouble seeing what's going on, for example, you can use Voice Over, Reduce Transparency and more. Take a look and experiment.

Siri


6:15
Siri
Ask Siri
Listen for
"Siri" or "Hey Siri"
Raise to Speak
Press Digital
Crown

Under Siri, you can configure the way Apple's personal digital assistant works on your watch. Do you want Siri to appear when you say, 'Siri' or 'Hey, Siri', when you press the Digital Crown or both? What apps do you want to use with Siri? Change all this and more.

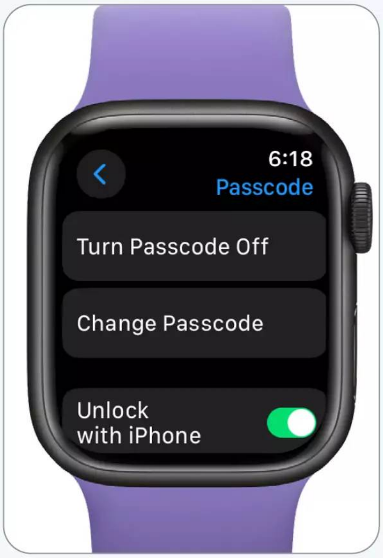
Sounds & Haptics


6:17
Sounds & Haptics
Alert Volume
Silent Mode

Silent mode will not silence alarms and timers when Apple Watch is charging.

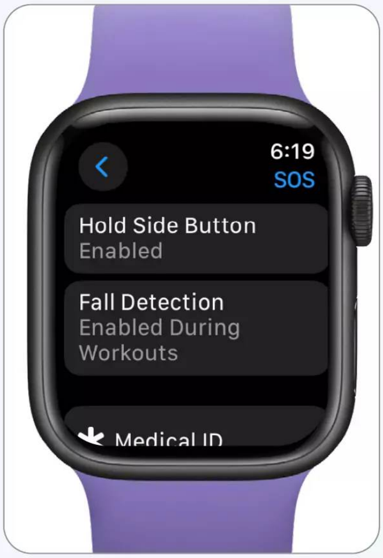
Change the alert volume, activate Silent Mode, change the way Crown and System Haptics are delivered and more. Under Headphone Safety, you can see how many times you've been warned your earbuds are too loud, and have over-loud sounds reduced automatically.

Passcode


6:18
Passcode
Turn Passcode Off
Change Passcode
Unlock with iPhone

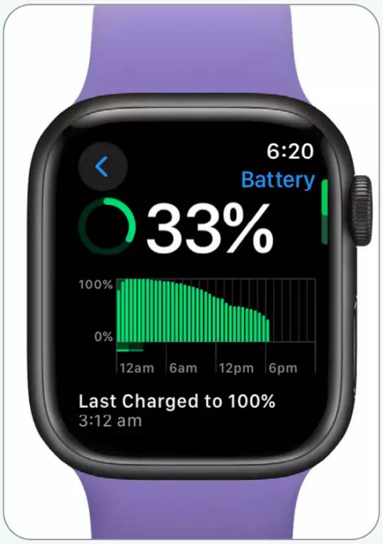
Change your Passcode here, or even turn it off, but if you do, cards registered in Apple Pay are deleted. Turn on Wrist Detection and your watch is locked when you're not wearing it, to keep your data safe. Erase Data clears your watch after ten incorrect password attempts.

SOS


6:19
SOS
Hold Side Button
Enabled
Fall Detection
Enabled During Workouts
Medical ID

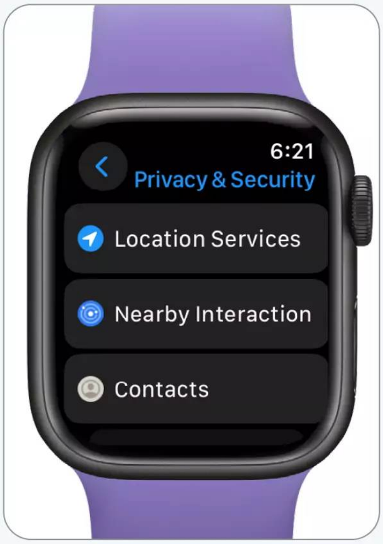
You can make an emergency call from your Apple Watch (through your iPhone on non-cellular models). Hold the Side Button for a slider that makes the call, or have it made automatically if it detects you've had a fall. Turn these options on or off in the SOS option.

Battery


6:20
Battery
33%
100%
0%
12am
6am
12pm
6pm
Last Charged to 100%
3:12 am

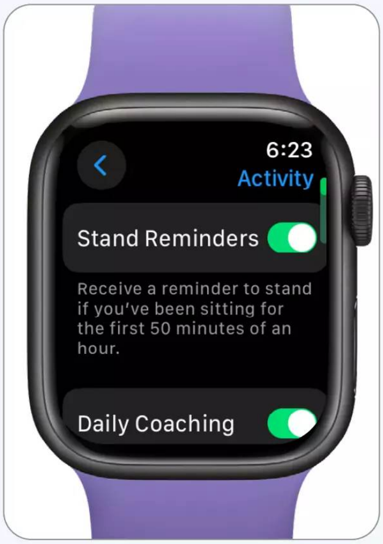
Here you can check how much battery power you have, and how much power you had over time, via a bar graph that also shows when your watch was on its charger. If your battery is low, Power Reserve turns off most of the watch's functions, so you can tell the time for longer.

Privacy & Security


6:21
Privacy & Security
Location Services
Nearby Interaction
Contacts

Here you can make configurations to your Apple Watch with privacy in mind. Set how your Location Services work, that is, when and why your watch can tell where you are. You can also configure privacy services on a per-app basis; for apps that need access to other apps.

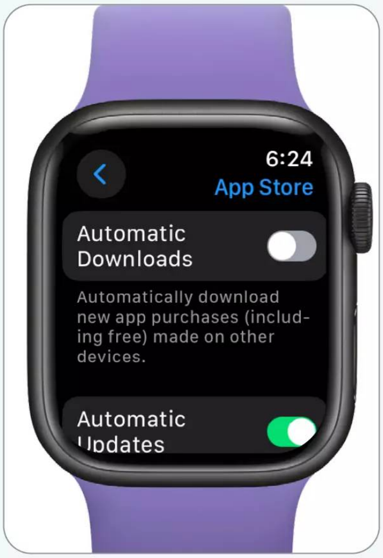
Activity


6:23
Activity
Stand Reminders
Daily Coaching

Receive a reminder to stand if you've been sitting for the first 50 minutes of an hour.

The popular Activity app can also be configured in Settings. You can turn Stand Reminders, Daily Coaching tips and Goal Completions messages on and off, get notifications about Special Challenges and also Activity Sharing Notifications when people share with you.

App Store



6:24
App Store

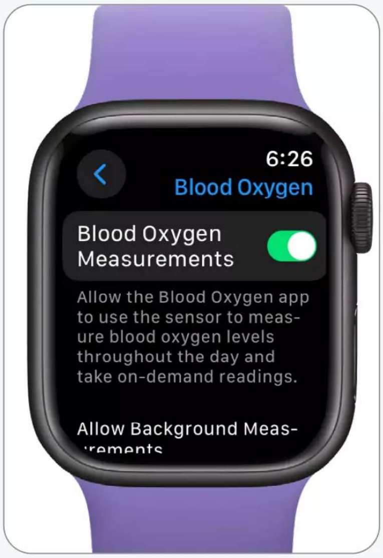
Automatic Downloads ☐

Automatically download new app purchases (including free) made on other devices.

Automatic Updates ☑

When you buy an app with an Apple Watch sister app on your iPhone, you can have it download automatically on to your watch if you wish. You can also have your apps update automatically, instead of doing so manually on your iPhone. Read about App Store privacy too.

Blood Oxygen



6:26
Blood Oxygen

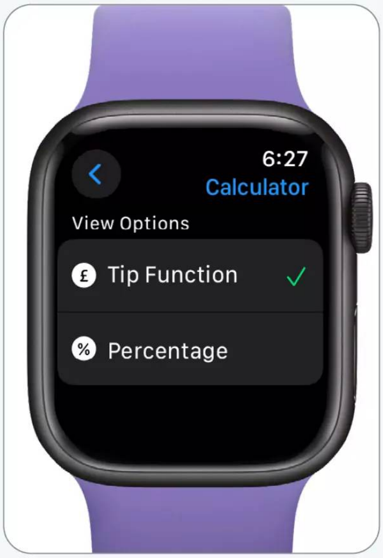
Blood Oxygen Measurements ☑

Allow the Blood Oxygen app to use the sensor to measure blood oxygen levels throughout the day and take on-demand readings.

Allow Background Meas-urements

Your Apple Watch can measure your blood oxygen level, as part of your health and fitness programme. In Settings > Blood Oxygen, you can turn off Blood Oxygen Measurements, and set up whether you want them recorded when your watch is in Sleep or Cinema mode.

Calculator



6:27
Calculator

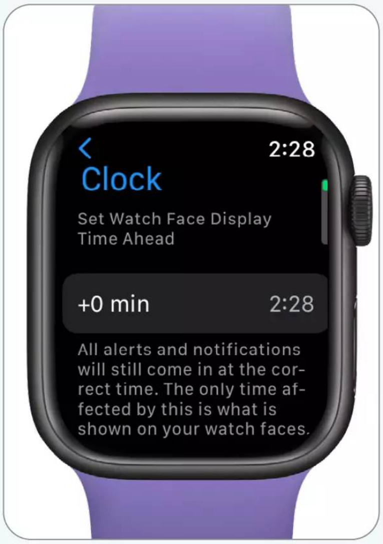
View Options

£ Tip Function ✓

% Percentage

When you're wearing an Apple Watch, you've always got a handy calculator within easy reach. Your Calculator app can calculate tips, and also percentages, using a button on the top row of the calculator. Switch between these functions in Settings > Calculator.

Clock



2:28
Clock

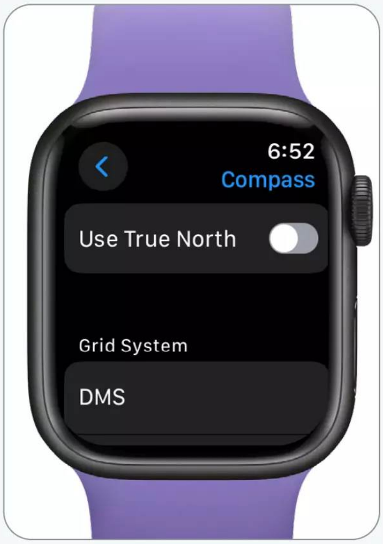
Set Watch Face Display Time Ahead

+0 min 2:28

All alerts and notifications will still come in at the correct time. The only time affected by this is what is shown on your watch faces.

Your Apple Watch sets its time automatically, through the Internet. But some people like to set their watch a few minutes ahead or behind the actual time. You can do either here, as well as have a chime played on the hour, set up a monogram for faces that use them and more.

Compass



6:52
Compass

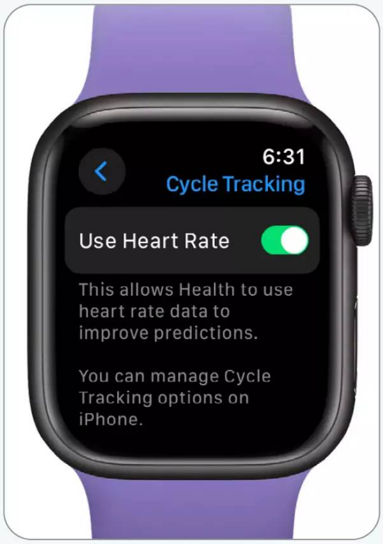
Use True North ☐

Grid System

DMS

The Compass settings option lets you configure the app. You can opt to use true north instead of magnetic north, and choose which grid system you use. The options are DMS, Decimal Degrees, MGRS/USNG and UTM. This makes the app more useful to serious navigators.

Cycle Tracking



6:31
Cycle Tracking

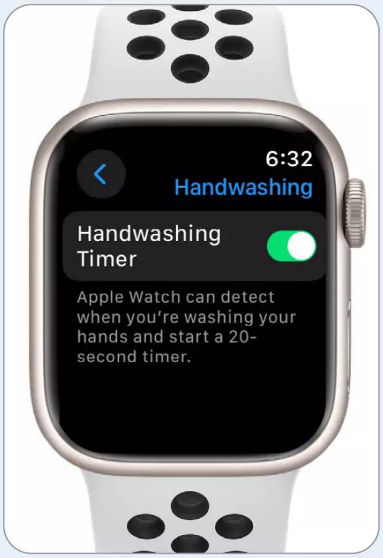
Use Heart Rate ☑

This allows Health to use heart rate data to improve predictions.

You can manage Cycle Tracking options on iPhone.

Cycle Tracking is a recent addition that focuses on women's health. Most of the controls for this feature are found in the iPhone's Health app, but here you can allow Cycle Tracking to use your heart rate to improve predictions regarding your menstrual cycle.

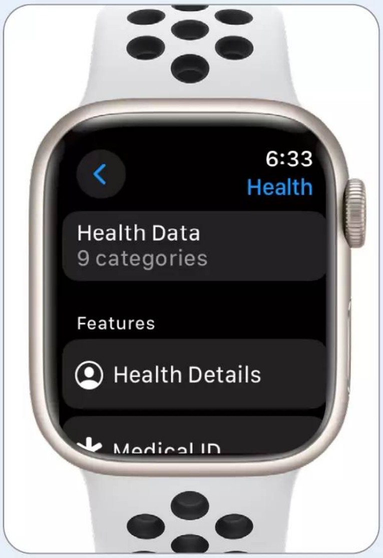
Handwashing



6:32
Handwashing
Handwashing Timer
Apple Watch can detect when you're washing your hands and start a 20-second timer.

Do you wash your hands for long enough to kill the coronavirus? Apple Watch can detect when you're hand washing, and start a timer to make sure you wash for at least 20 seconds. It's off by default, but you can turn it on here, in Settings > Handwashing.

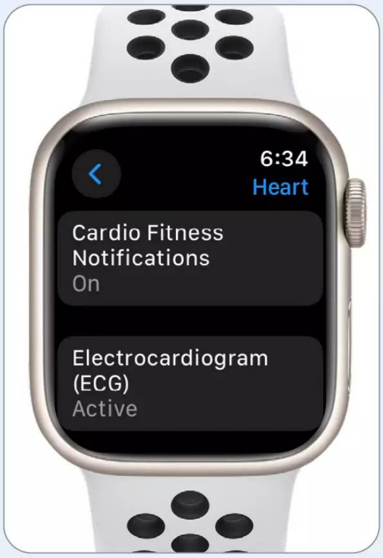
Health



6:33
Health
Health Data
9 categories
Features
Health Details
Medical ID

Do you want your Health app to have access to information gleaned from other apps and also connected health devices? You can configure this here, and also review your Health Data and Medical ID, and see which devices have added data to your Health app.

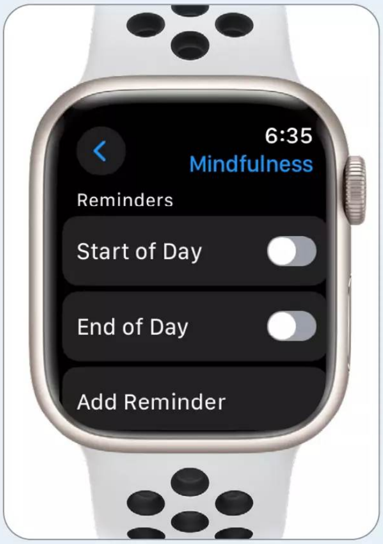
Heart



6:34
Heart
Cardio Fitness Notifications
On
Electrocardiogram (ECG)
Active

Your Apple Watch can measure your heart rate, and give you warnings if, while you're inactive, it exceeds a certain rate (120 bpm by default), or drops dangerously low (40 bpm by default). Here you can turn these warnings off, or change their thresholds.

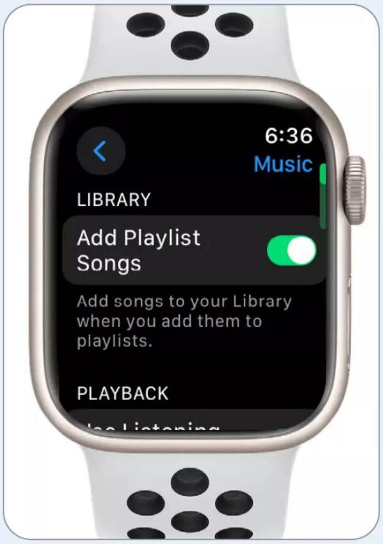
Mindfulness



6:35
Mindfulness
Reminders
Start of Day
End of Day
Add Reminder

The Apple Watch's Mindfulness app encourages you to 'focus, centre, and connect as you breathe'. In its Settings section, you can set reminders, add a weekly summary, add new meditations to your watch and more. It's mostly off by default.

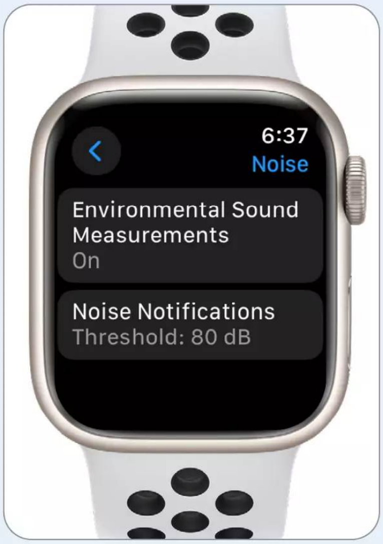
Music



6:36
Music
LIBRARY
Add Playlist Songs
Add songs to your Library when you add them to playlists.
PLAYBACK

There are several ways to configure the way the Music app works. Add Playlist Songs adds tunes you've included in playlists to your Apple Watch. Recent Music does the same for things you've played recently. You can also choose whether to share your Listening History.

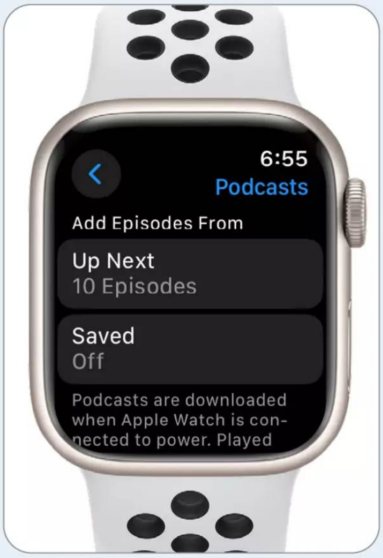
Noise



6:37
Noise
Environmental Sound Measurements
On
Noise Notifications
Threshold: 80 dB

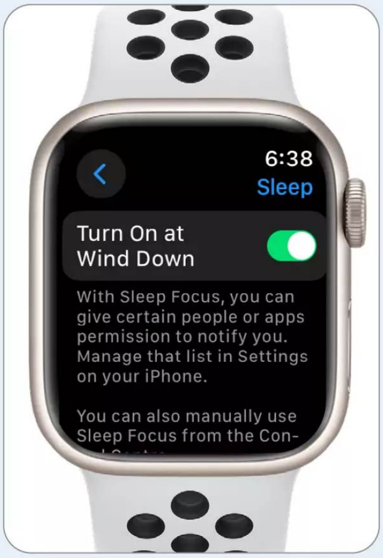
If you regularly find yourself in a noisy environment and worry about your hearing, the Noise settings can be set up to measure environmental noise, and give you a warning if it reaches a certain threshold (you choose), so you know when to plug in your earplugs.

Podcasts


6:55
Podcasts
Add Episodes From
Up Next
10 Episodes
Saved
Off
Podcasts are downloaded when Apple Watch is connected to power. Played

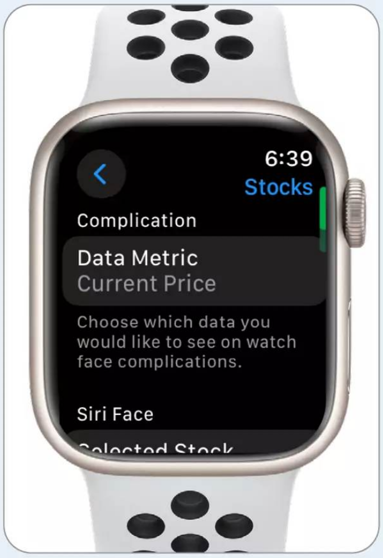
The way the Podcasts app works on Apple Watch can also be configured. You can choose how many unplayed episodes are downloaded to your watch, and how many saved episodes are included. You can also configure controls such as skip forwards and backwards and more.

Sleep


6:38
Sleep
Turn On at Wind Down
With Sleep Focus, you can give certain people or apps permission to notify you. Manage that list in Settings on your iPhone.
You can also manually use Sleep Focus from the Con-

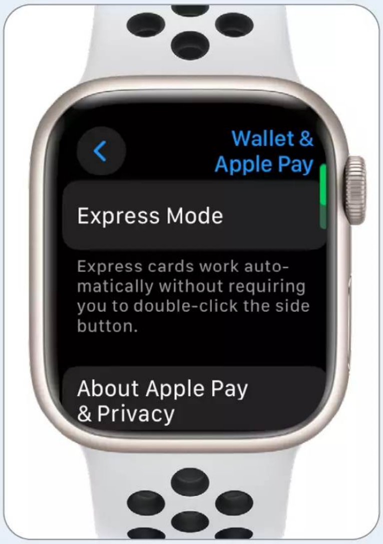
When you've set up your Sleep app, you can create bedtime schedules, set sleep goals and more. If you wear your Apple Watch in bed, you can have it track your sleep to find out how much quality sleep time you get and more. Its settings are available then.

Stocks


6:39
Stocks
Complication
Data Metric
Current Price
Choose which data you would like to see on watch face complications.
Siri Face
Selected Stock

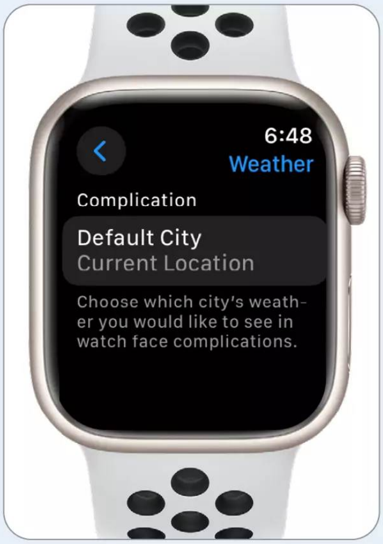
If you have a Stocks complication on the watch face, what do you want displayed on it? In the Stocks settings, you can choose between Current Price, Points Change, Percentage Change and Market Cap. You can also choose what stock you want displayed.

Wallet & Apple Pay


Wallet & Apple Pay
Express Mode
Express cards work automatically without requiring you to double-click the side button.
About Apple Pay & Privacy

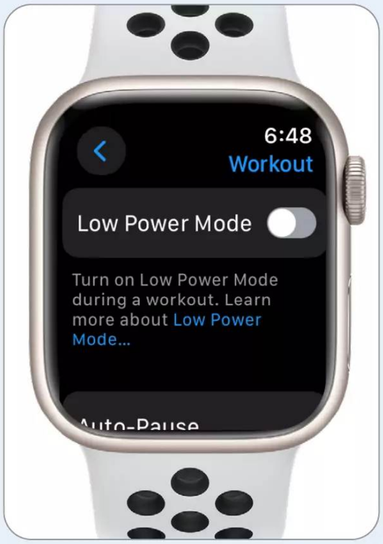
If you've set up Apple Pay in your Wallet app, by adding credit and/or debit cards, configure the app here. Set up one of the cards in Express Mode and you can pay with that card without double-clicking the side button. You can set expired tickets and passes to be hidden too.

Weather


6:48
Weather
Complication
Default City
Current Location
Choose which city's weather you would like to see in watch face complications.

The Weather setting is another one used for Complications on the watch face. Which location do you want to display the weather in the Complication? By default it's your current whereabouts, but you can set it to a town or city you've added in your Weather app.

Workout

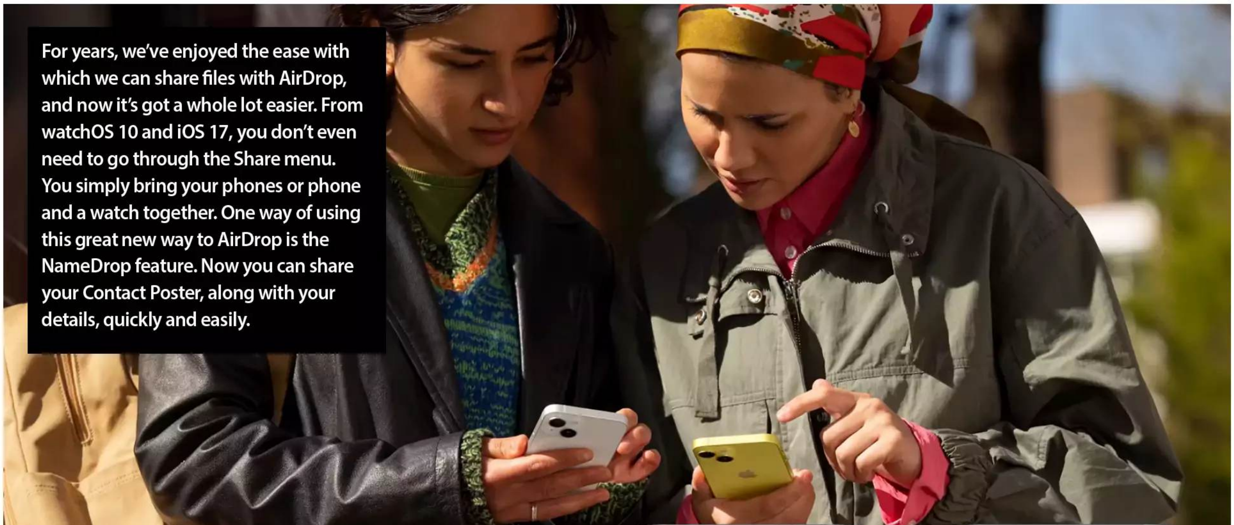

6:48
Workout
Low Power Mode
Turn on Low Power Mode during a workout. Learn more about Low Power Mode...
Auto-Pause

You can configure a lot of settings in the Workout section. Turn on Power Saving Mode during workouts, auto-pause workouts when you have a short rest, Start and End Workout reminders and more. It can even detect when you're using gym equipment.

NameDrop on Your Watch

This great new feature is an offshoot of AirDrop, and it gives you a new way to share your contact details and even media files with other Apple Watch and iPhone users. Here's a guide to using NameDrop.

1:02
Ian Osborne
WATCH

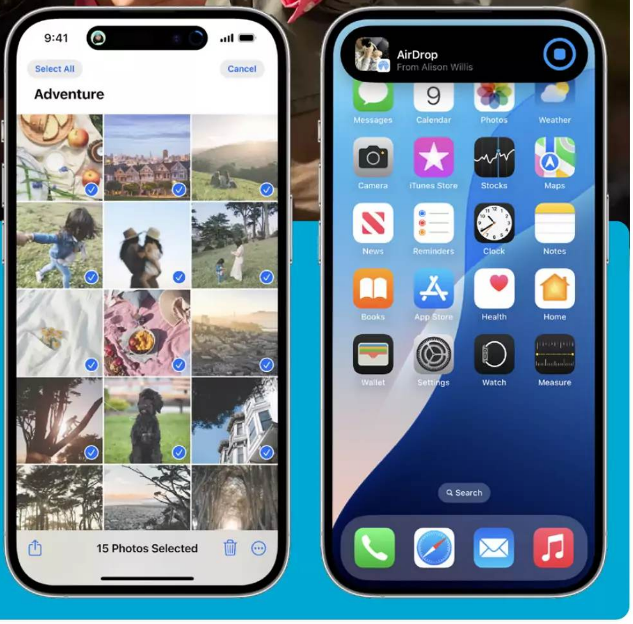


For years, we've enjoyed the ease with which we can share files with AirDrop, and now it's got a whole lot easier. From watchOS 10 and iOS 17, you don't even need to go through the Share menu. You simply bring your phones or phone and a watch together. One way of using this great new way to AirDrop is the NameDrop feature. Now you can share your Contact Poster, along with your details, quickly and easily.

AirDropping with NameDrop

The NameDrop gesture, that is, bringing iPhones together, can also be used to share content. Instead of going through the Share menu, you can choose files such as photographs, videos, documents and other things you might have previously AirDropped, and share them with an iPhone-owning friend by bringing your phones together.

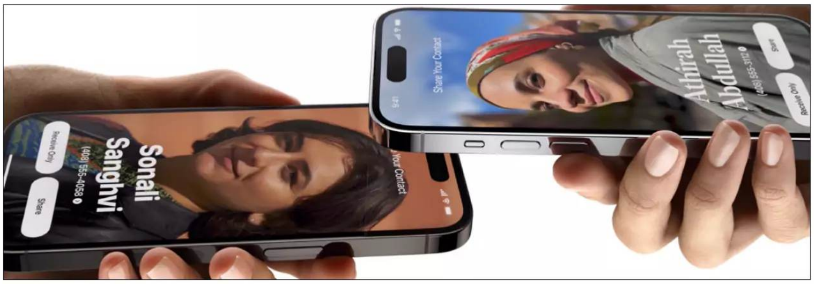
If you need to walk away and leave AirDrop range while the file or files are transferring, the transfer continues over the Internet instead.


9:41
Select All
Cancel
Adventure
15 Photos Selected
AirDrop
From Alison Willis
Messages
Calendar
Photos
Weather
Camera
iTunes Store
Stocks
Maps
News
Reminders
Clock
Notes
Books
App Store
Health
Home
Wallet
Settings
Watch
Measure
Search

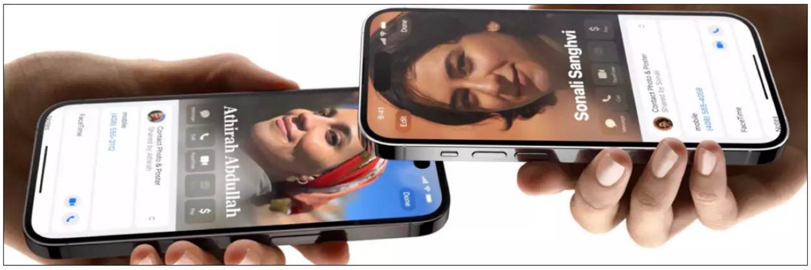
How to use NameDrop

9:41
Monday, June 5
9:41
Monday, June 5

1 First of all, you bring your phones close together. You don't have to do anything beforehand – just bring them into close proximity. Both iPhones must be running iOS 17 or later.


Sonali
Sanghvi
(408) 555-4058
Receive Only
Share
Share Your Contact
Athirah
Abdullah
(408) 555-3112
Share
Receive Only

2 When your phones detect each other, your contact posters appear. Look at the buttons at the foot of the screen. If you only want to take the contact details from the other person without sharing your own, tap Receive Only. If you want to share your contact details with them, tap Share. You can choose which details you wish to share.


Athirah Abdullah
Sonali Sanghvi
Contact Photo & Poster
Done

3 Your details are exchanged, leaping from your own iPhone to the other person's iPhone (assuming you opted to share, of course). The details you have gained through NameDrop are then saved into the Contacts app. This is much easier than opening a new Contacts card and typing them all out, an item at a time.

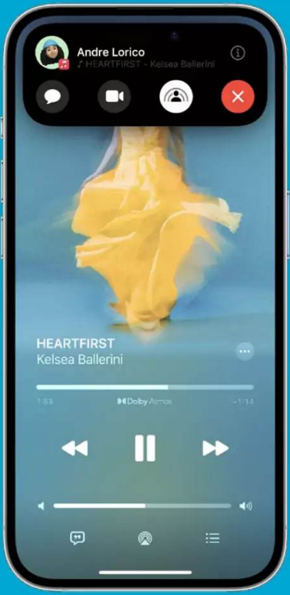
Diana
Dao
Just Receive
Share
Share Your Contact
Jay Mung

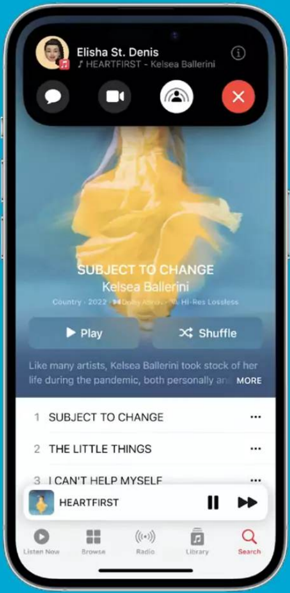
4 You can NameDrop between an iPhone and an Apple Watch too. The iPhone must be running iOS 17 or later and the Apple Watch needs to be running watchOS 10 or later.

SharePlaying with NameDrop

You can also use the NameDrop gesture to initiate a SharePlay session. If you want to share music, for example, you can do this by bringing your iPhones together and the tunes will play in sync.

Apple is including this gesture in the SharePlay programming tools, and the gesture will work automatically for third-party apps that support SharePlay.


Andre Lorico
HEARTFIRST - Kelsea Ballerini
HEARTFIRST
Kelsea Ballerini
Dolby Atmos


Elisha St. Denis
HEARTFIRST - Kelsea Ballerini
SUBJECT TO CHANGE
Kelsea Ballerini
Play
Shuffle
MORE
1 SUBJECT TO CHANGE
2 THE LITTLE THINGS
3 I CAN'T HELP MYSELF
HEARTFIRST
Listen Now
Browse
Radio
Library
Search

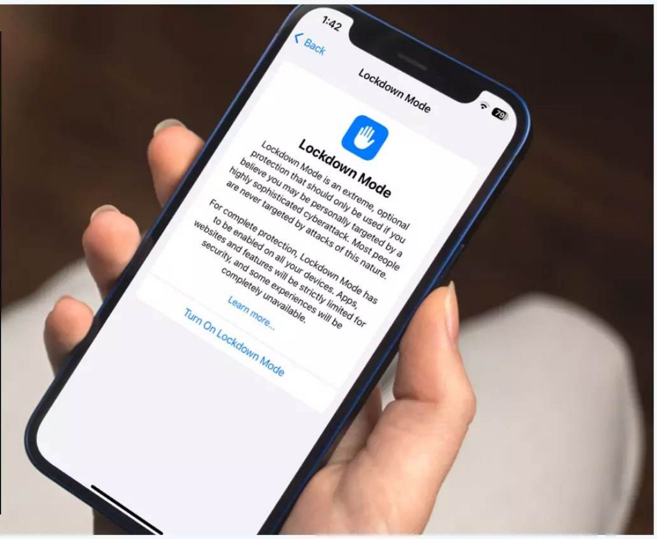
Like many artists, Kelsea Ballerini took stock of her life during the pandemic, both personally an

Lockdown Mode on Watch

The iPhone's Lockdown Mode, which protects those who are especially vulnerable to cyber attacks, now covers the Apple Watch as well. Here's what it does, and how to activate and deactivate it.

Lockdown Mode offers extreme protection to those who are especially likely to be subject to a cyber attack. Maybe you're a journalist, poking into things other people don't want you to reveal. Or perhaps you're a dissident, who needs to keep your information safe from the authorities. Or you could simply be concerned about taking your tech to a certain place, and could use the extra degree of security. Most people won't feel the need for Lockdown Mode, but if ever you deem it necessary, it gives an excellent level of security.

Available in iOS 16 or later, watchOS 10 or later, iPadOS 16 or later and macOS Ventura or later, with Lockdown Mode enabled your device reduces the chances of it being exploited by targeted spyware and other such attacks are very much reduced, but some apps, features and websites have limited utility or aren't available at all. Lockdown Mode affects the following apps:



Lockdown Mode

Lockdown Mode is an extreme, optional protection that should only be used if you believe you may be personally targeted by a highly sophisticated cyberattack. Most people are never targeted by attacks of this nature.

For complete protection, Lockdown Mode has to be enabled on all your devices. Apps, websites and features will be strictly limited for security, and some experiences will be completely unavailable.

- **Messages**
Most attachments other than images, video and audio are blocked, and links and previews are unavailable. Regular SMS messages are unaffected.

- **Surfing the Web**
Some web technologies are blocked, meaning some websites load slowly or don't function correctly. Some web fonts might not be shown, and some images could be replaced with the missing image icon.

- **FaceTime**
Unless you've previously called the person in question, incoming FaceTime calls are blocked. Features such as SharePlay and Live Photos are unavailable.

- **Apple Services**
A lot of incoming invitations to use Apple's services such as a request to manage a Home app are blocked, though if you've invited the recipient before, it should get through.

- **Photos**
If you share photographs or videos, information such as where they were taken is removed. Shared albums and their invitations are blocked, but can still be seen on other devices not in Lockdown Mode.

- **Connect to Other Devices**
To do this, you have to take your device out of Lockdown Mode, as the Lockdown feature prevents connections to greatly reduce the threat of cyber attacks.

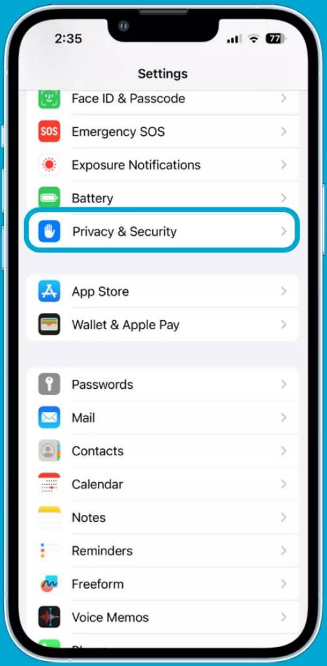
- **Wi-Fi**
To keep you safe from Wi-Fi-based cyber attacks, your iPhone disconnects from non-secure networks, and it will no longer automatically join them. Also, 2G cellular data support is turned off as well.

- **Settings**
You can't install configuration profiles or enrol your iPhone in Mobile Device Management or device supervision programmes.

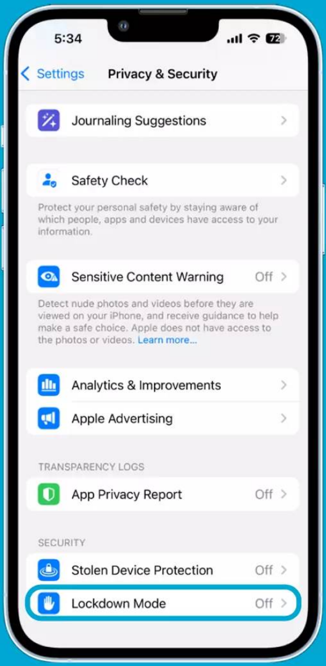
- **Emergency Calls**
Calls to your local emergency services are unaffected. You can still call the the police or medical services in the usual way while your iPhone is in Lockdown Mode.

Activating LockDown Mode on your iPhone and Apple Watch

When you activate Lockdown Mode on your iPhone (iOS 16 or later), your Apple Watch (watchOS 10 or later) is automatically included too. Here's how to turn it on and off.


2:35
Settings
Face ID & Passcode
Emergency SOS
Exposure Notifications
Battery
Privacy & Security
App Store
Wallet & Apple Pay
Passwords
Mail
Contacts
Calendar
Notes
Reminders
Freeform
Voice Memos

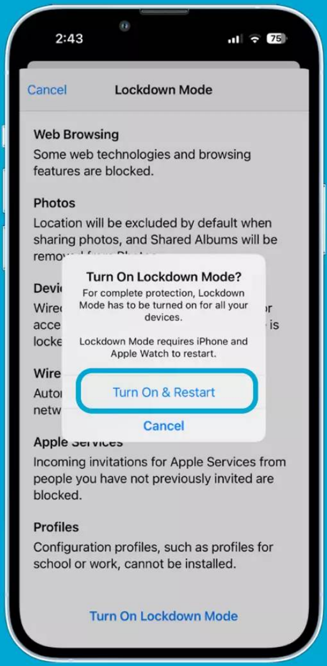
1 From the Home screen on your iPhone, open the Settings app Tap the Privacy & Security option, as shown.


5:34
Settings
Privacy & Security
Journaling Suggestions
Safety Check
Sensitive Content Warning Off
Analytics & Improvements
Apple Advertising
TRANSPARENCY LOGS
App Privacy Report Off
SECURITY
Stolen Device Protection Off
Lockdown Mode Off

Protect your personal safety by staying aware of which people, apps and devices have access to your information.

Detect nude photos and videos before they are viewed on your iPhone, and receive guidance to help make a safe choice. Apple does not have access to the photos or videos. Learn more...

2 Scroll to the bottom of this section. You see an option called Lockdown Mode, which is off by default. Tap it.


2:43
Cancel
Lockdown Mode
Turn On & Restart
Cancel
Turn On Lockdown Mode

Web Browsing
Some web technologies and browsing features are blocked.

Photos
Location will be excluded by default when sharing photos, and Shared Albums will be remo

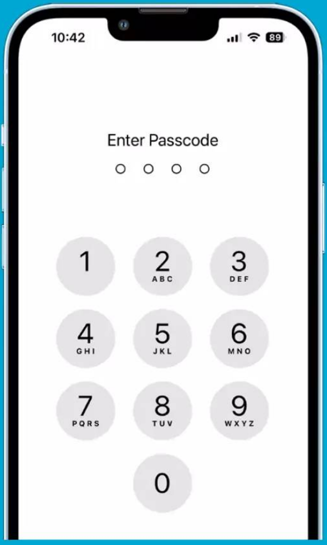
Turn On Lockdown Mode?
For complete protection, Lockdown Mode has to be turned on for all your devices.

Lockdown Mode requires iPhone and Apple Watch to restart.

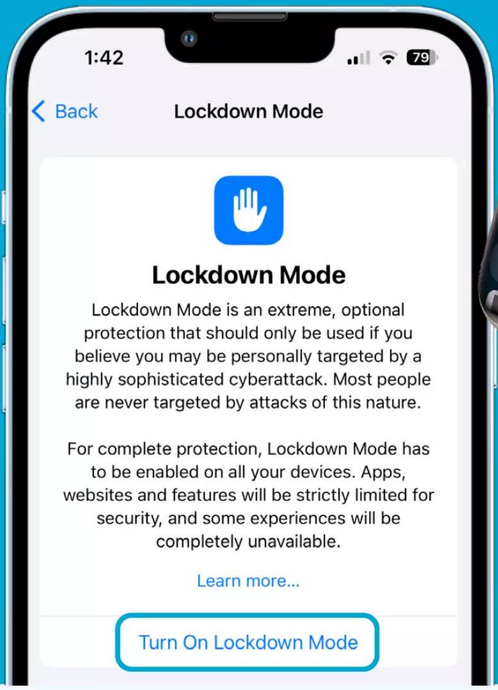
Apple
Incoming invitations for Apple Services from people you have not previously invited are blocked.

Profiles
Configuration profiles, such as profiles for school or work, cannot be installed.

3 On the next screen, tap Turn on Lockdown Mode and again on the screen after.


10:42
Enter Passcode
1
2 ABC
3 DEF
4 GHI
5 JKL
6 MNO
7 PQRS
8 TUV
9 WXYZ
0

4 Enter your passcode. All Apple devices on your network and signed into your Apple ID restart in Lockdown Mode.


1:42
Back
Lockdown Mode
Learn more...
Turn On Lockdown Mode

Lockdown Mode

Lockdown Mode is an extreme, optional protection that should only be used if you believe you may be personally targeted by a highly sophisticated cyberattack. Most people are never targeted by attacks of this nature.

For complete protection, Lockdown Mode has to be enabled on all your devices. Apps, websites and features will be strictly limited for security, and some experiences will be completely unavailable.

12:13
12/10/2023
9:32 am
Lockdown Mode enabled. Images have not been loaded.
Load All Images

5 Your Apple Watch and iPhone are now in Lockdown Mode. To turn it off again, repeat these steps and tap Turn Off Lockdown Mode.

Fri
5

Pre-Installed Watch Apps

Apple Watch has some fantastic bundled apps. Most of them are companions to applications on your iPhone, but a few are watch-exclusive. In this section, we take an in-depth look at the Apple Watch’s apps, showing you what they can do and how to get the most from them. With our help, you can send messages and emails from your wrist, review your photos, listen to audiobooks and podcasts, and more.

Learn more >

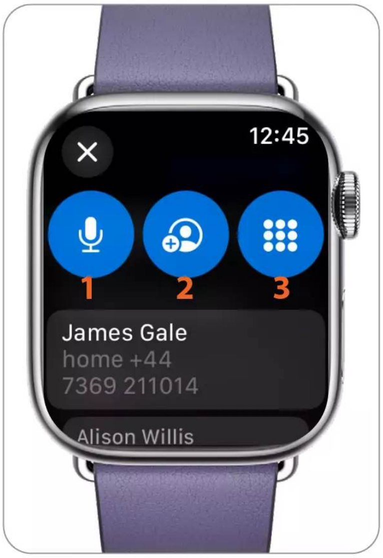
Messages on Your Watch

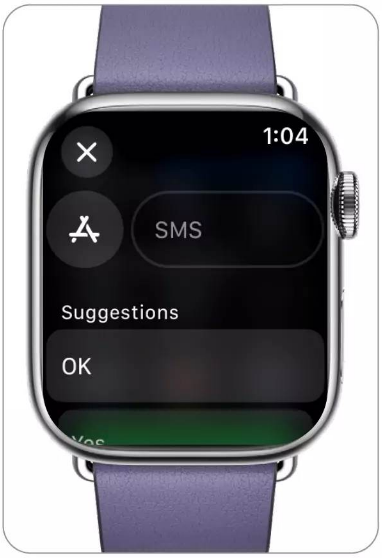
The Messages app is probably one of the most used features on your iPhone. You can send and receive messages through your iPhone with your Apple Watch by using Dictation, the keyboard, sending an audio message or using a standard reply. You can even throw in an emoji. Here's how to read and reply to Messages on your watch.

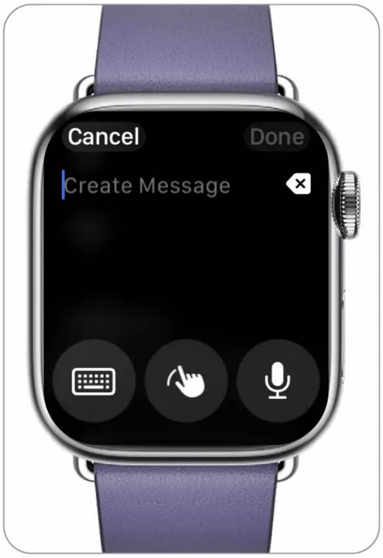
12:22
JG
JW
Alison
James
Jonathan
MA
BO
Mark
Martin
EW
ootball
WATCH

Using the Messages App

The Apple Watch Messages app isn't as comprehensive as the iPhone version but you can still get a fair bit done with it. Here's a guide to sending and receiving messages and more; all from on your Apple Watch.


12:45
1
2
3
James Gale
home +44
7369 211014
Alison Willis

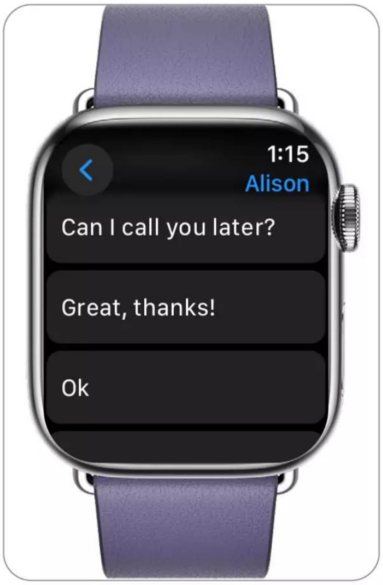

1:04
SMS
Suggestions
OK
Yes


Cancel
Done
Create Message

1 Open Messages and you see your conversations. Turn the Digital Crown back to see your pinned contacts, or forwards to scroll down your list. Tap a conversation to add to it, or tap the new message icon atop the screen to start a new one. Tap Add Contact and use Dictation [1], your Contacts app [2] or the keypad [3] to add a person or number.

2 If you're adding a person from your Contacts app, choose which phone number you wish to send the message to. Then tap Create Message, and tap the iMessage or SMS field. To reply to an existing message, scroll to the conversation you want to reply to. Tap the field titled 'SMS' or 'iMessage', then enter you can enter your message.

3 Tap the keyboard icon for the virtual keyboard (Series 7 watch or later). Swipe it up to change between keyboards you have previously installed on your Apple Watch. The finger drawing on the screen gives you the Scribble feature, the smiley face offers emojis and the mic gives speech to text.

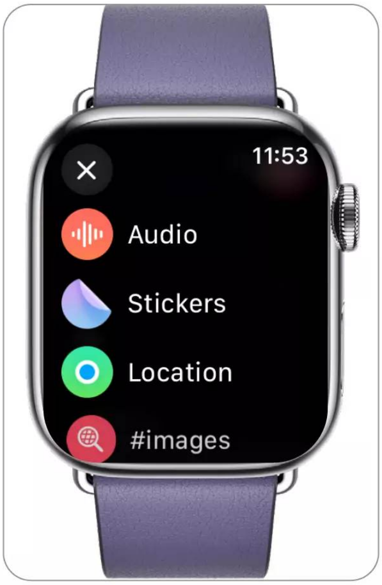


Can I call you later?

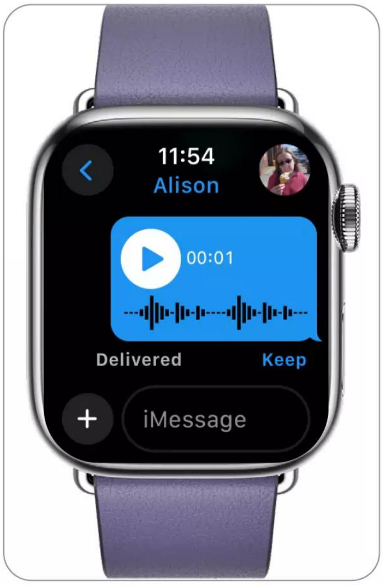
Great, thanks!

Ok

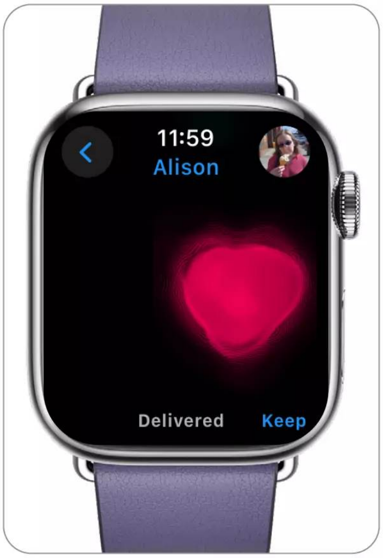
4 Whether you're sending a new message or replying to a message that's already in your conversations list, instead of tapping the text field, you can scroll up for 'Suggestions'; a list of ready-made comments. Tap one to send it. Scroll up further for the option to send your location.


11:53
Audio
Stickers
Location
#images

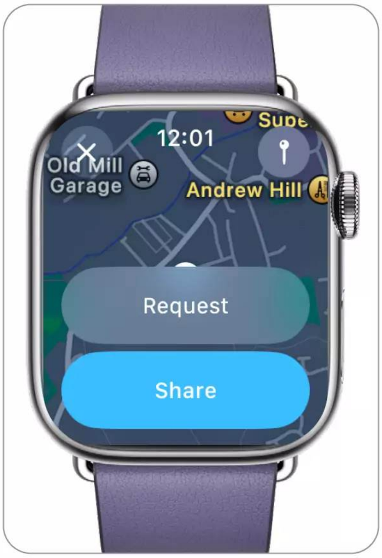
5 You can send various media as messages. To do so, instead of writing a message tap the Plus icon next to the text field and then choose an option from the list. You can send an audio message, your location, stickers, images, and sketches made after choosing the Digital Touch option.


11:54
Alison
00:01
Delivered
Keep
+
iMessage

6 To send an audio clip (as opposed to speaking a message that gets converted to text), tap the 'A' icon next to the text field and then tap the wave form icon. Tap Send when you've finished. The audio clip arrives as a picture of a wave form with a Play icon, or as a regular text if sent to non-Apple devices.

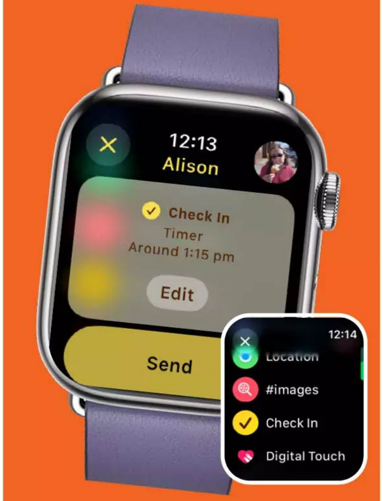

11:59
Alison
Delivered
Keep

7 Use Digital Touch to draw a sketch, changing the colours using the dot in the top right. When finished, tap Done to send it. You can also send 'feelings' here. Tap with two fingers for a kiss, tap and hold with two fingers for a heartbeat, do this then drag down for a heartbreak, hold with one finger for a fireball.


12:01
Old Mill Garage
Andrew Hill
Request
Share

8 Tap the Send Location option and you can send details of your whereabouts to another person, or request that they send theirs. Just tap the button. When sending your location, and on the next screen you can choose whether it's given for one hour, until the end of the day or indefinitely.

Check In


12:13
Alison
Check In
Timer
Around 1:15 pm
Edit
Send
12:14
Location
#images
Check In
Digital Touch

A new option in Messages for Apple Watch, also activated through the Plus menu, is Check In. You use it to let friends and family know when you've arrived at your destination, so they know you're safe. The feature was introduced on the iPhone last year, and can now be activated from the watch.

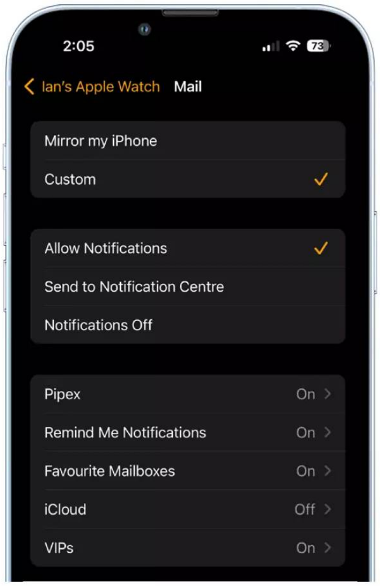
Mail From Your Wrist

It's amazing what you can do with Mail on the Apple Watch. You can read and reply to incoming emails, set it up so you only get emails from certain mailboxes on your watch, delete unwanted messages and flag any for later review. Then if you need more comprehensive tools, it's easy to switch to the iPhone's Mail app and read the same email.

2:00
Mailboxes
All Inboxes
iCloud
Pipex

Configuring the Apple Watch Mail App

It's wise to spend time with your iPhone's Watch app to set up the Apple Watch's email service to work how you want it to. So open your iPhone's Watch app, tap My Watch then Mail and follow these tips.

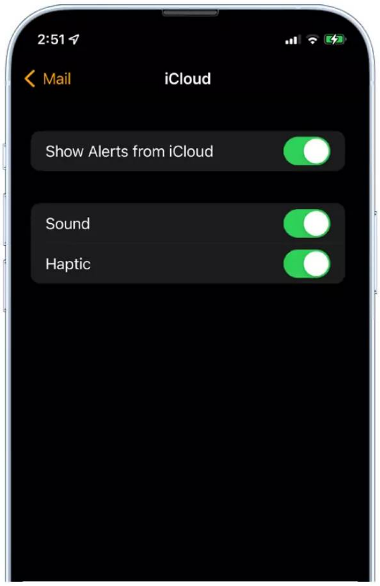


Mail

Mirror my iPhone
Custom ✓

Allow Notifications ✓
Send to Notification Centre
Notifications Off

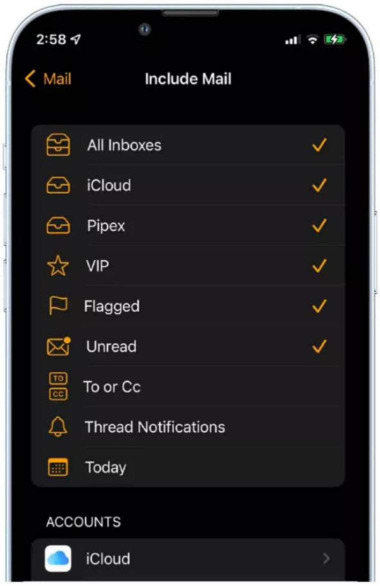
Pipex On
Remind Me Notifications On
Favourite Mailboxes On
iCloud Off
VIPs On



iCloud

Show Alerts from iCloud ●

Sound ●
Haptic ●



Include Mail

All Inboxes ✓
iCloud ✓
Pipex ✓
VIP ✓
Flagged ✓
Unread ✓
To or Cc
Thread Notifications
Today

ACCOUNTS
iCloud

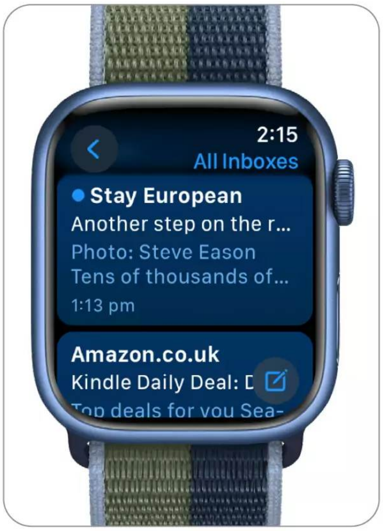
1 Do you want to mirror the settings you've set up for your iPhone's Mail app or configure the watch app separately? If the latter, tap Custom and adjust the settings to suit your needs. They're fairly self explanatory and you can change them again later if you wish.

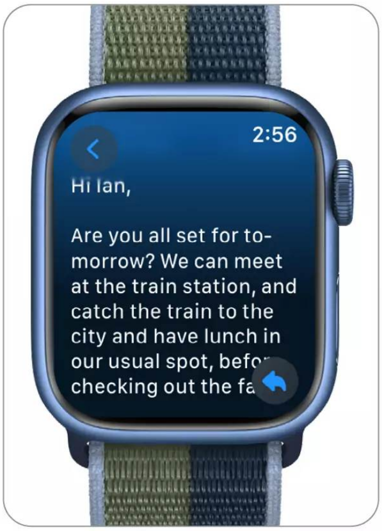
2 You can set your alerts on a mailbox by mailbox basis and also for correspondents you've identified as VIPs. This is great if you have more than one mailbox set up on your iPhone and for example, you want alerts from your personal account but not work emails.

3 Under Mail Settings > Include Mail you can set which email inboxes are sent to your watch, how much of the message is previewed on the watch screen and more. To edit your default replies and signature, tap on one and type over it. Default replies are available when replying to emails.

Using the Apple Watch's Mail App

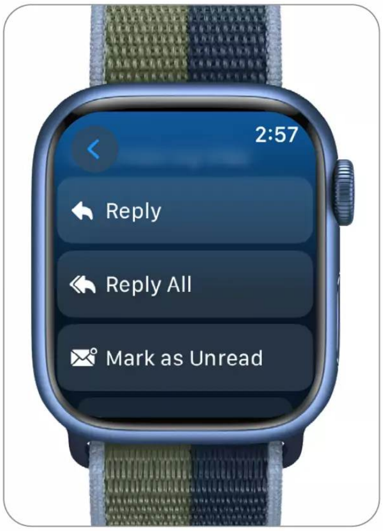
Now you've set it up, it's time to take a look at how to use the Mail application on your Apple Watch. You can even reply to incoming emails, right from your wrist. Here's how to get the most from the Apple Watch Mail app.


2:15
All Inboxes
Stay European
Another step on the r...
Photo: Steve Eason
Tens of thousands of...
1:13 pm
Amazon.co.uk
Kindle Daily Deal: D
Top deals for you Sea-



Hi Ian,

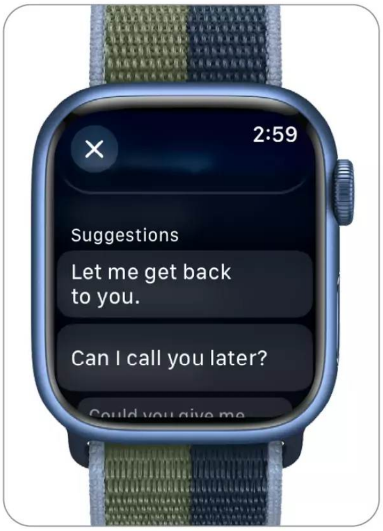
Are you all set for to-morrow? We can meet at the train station, and catch the train to the city and have lunch in our usual spot, befo checking out the fa

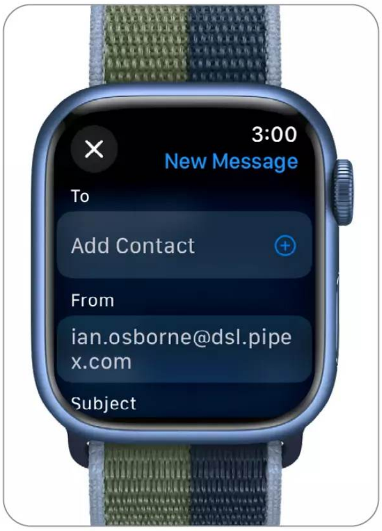

2:57
Reply
Reply All
Mark as Unread

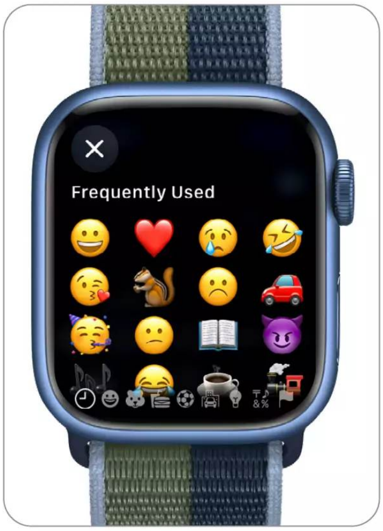
1 When you get an alert saying you've got an email, tap it to read. Alternatively open the Mail app and scroll through the list of emails with the Digital Crown; tap the one you want to open. A blue dot next to the title means you haven't opened it yet.

2 To read an email when you've opened it, scroll up and down with the Digital Crown, or by swiping up and down on the screen. To get back to the previous screen and choose another email to read, tap the chevron in the top-left corner of the Apple Watch screen.

3 Scroll to the bottom of an open email to find these options. You can reply to the email, reply to the sender and all other recipients, mark it as unread so the blue dot is returned, flag it for later review or bin it by tapping Delete Message.


2:59
Suggestions
Let me get back to you.
Can I call you later?
Could you give me


3:00
New Message
To
Add Contact
From
ian.osborne@dsl.pipex.com
Subject


Frequently Used

4 When replying to an email, you can select a default reply instead of typing one. After tapping the Reply button, instead of tapping on the text field, scroll down and tap one. You can add new default replies in the iPhone's Watch app, under Mail.

5 To send a new email directly from your watch, at the top of the main screen showing your emails, tap the New Message button (bottom right). Then you can add a recipient or recipients, enter a subject and the message, then send it in the usual way.

6 While typing an email message, if you want to add an emoji, tap the smiley icon in the bottom-left corner of the keyboard or Scribble screen. You can then choose an emoji from those on offer. Scroll up and down the big list using the Digital Crown.

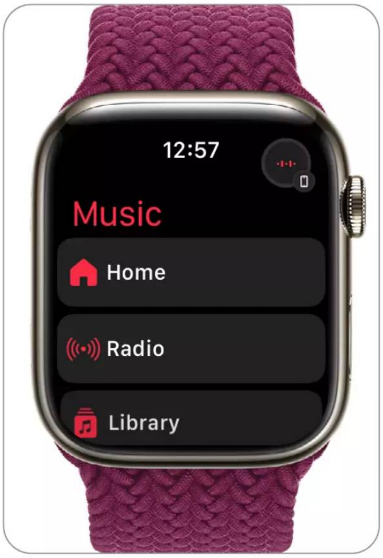
Enjoying Your Music

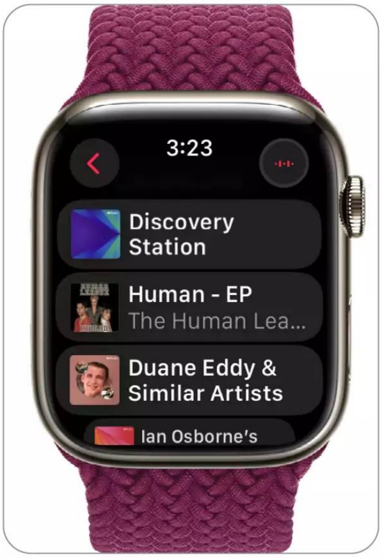
You can use Music on Apple Watch to control the Music app on your iPhone, picking a track or album to play, skipping and pausing your sounds, changing the volume and more. Just the thing if you have your iPhone in a speaker dock. You can also sync tracks to your Apple Watch, so you can listen to your music without having your iPhone nearby.

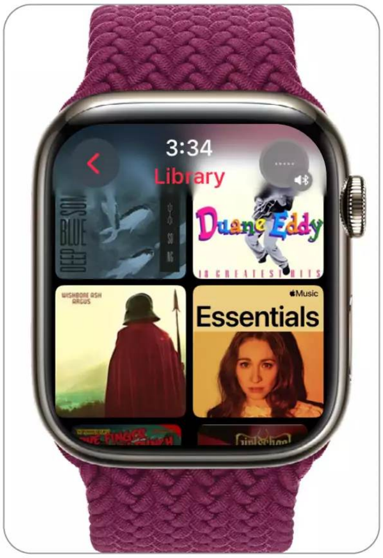
3:16
Too Far Gone? (Live at Met
Metallica

Using the Music App

Music is one of the best apps on the Apple Watch. Why get up and change tracks on your iPhone when you can do it directly from your watch, right there on your wrist? Here's how to take advantage of the Music app's features.


12:57
Music
Home
Radio
Library

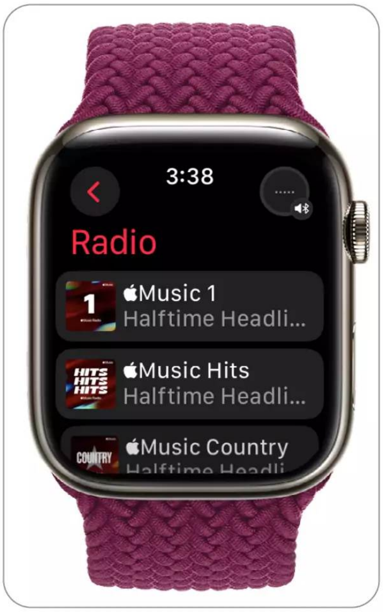

3:23
Discovery Station
Human - EP
The Human Lea...
Duane Eddy & Similar Artists
Ian Osborne's

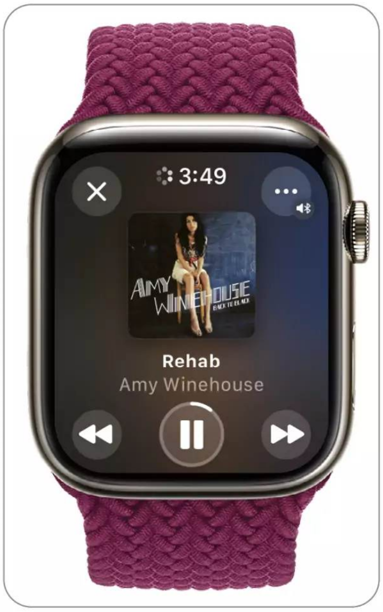

3:34
Library
Duane Eddy
Essentials

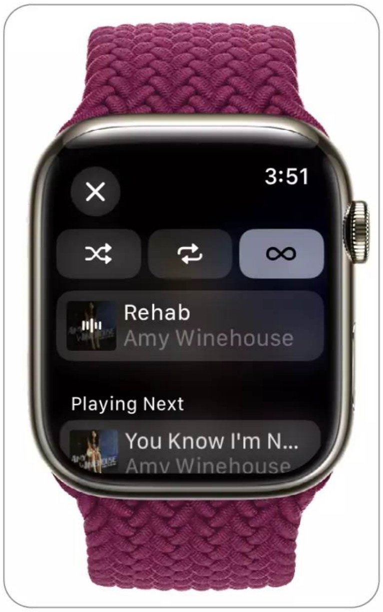
1 Open the Music app on your Apple Watch, and scroll to the top of the screen. If you want to listen to music that's on your iPhone, tap Library button and navigate to what you want. The music will play on your phone, or on a Bluetooth audio device connected to your phone, such as a speaker set or a pair of earbuds.

2 Library > Downloaded lets you play music directly from your Apple Watch. This is music that's been synced or transferred to your watch. You can listen to this music through Bluetooth devices paired with the watch itself, without your phone. The Listen Now option lets you explore Apple Music, if you have a subscription.

3 In the Library section, scroll up with the Digital Crown or swipe up with your finger for cover art for albums and playlists contained on your Apple Watch. Tap one to listen to it. By default, music you've recently listened to on your iPhone is automatically synced with your watch, so there might be more here than you think.


3:38
Radio
Music 1
Halftime Headli...
Music Hits
Halftime Headli...
Music Country
Halftime Headli...

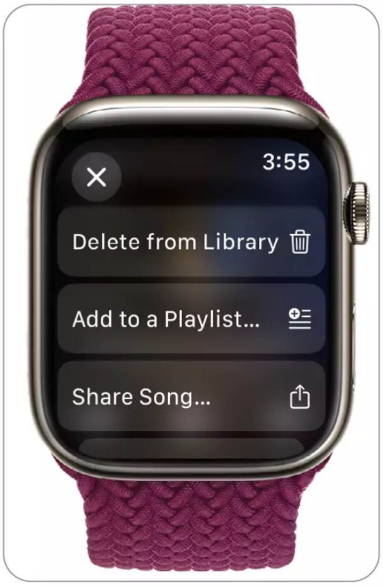

3:49
Rehab
Amy Winehouse


3:51
Rehab
Amy Winehouse
Playing Next
You Know I'm N...
Amy Winehouse

4 If you subscribe to the Apple Music streaming service, you also have the option of listening to online radio stations. Just tap the Radio button, and scroll through the options; which include Apple Music radio, recently played music and genre stations.

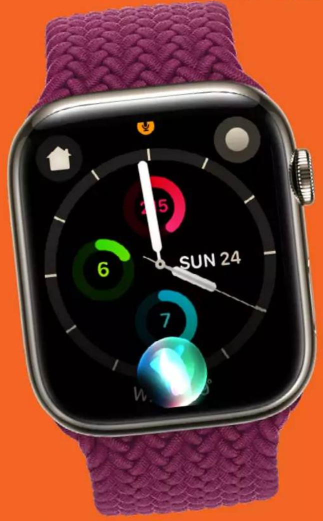
5 While playing music, whether on your iPhone or your Apple Watch, you get a set of controls on your watch screen. Use the Digital Crown to increase or decrease the volume. The large button in the bottom pauses and plays the current track.

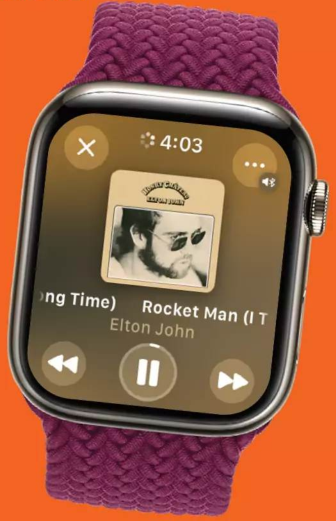
6 Also in the Music controls, the buttons either side of Play/Pause are for skipping tracks. The three-dots icon takes you to a long options menu. If you tap Playing Next in this menu, you can see what's next in the current playlist, and choose to shuffle, repeat or just play.


3:55
Delete from Library
Add to a Playlist...
Share Song...

7 Other options offered by tapping the three-dots icon include; Remove the song; Add to Playlist; Share Song; Love the song (mark as a favourite); Suggest Less; Go to Artist, which shows you their songs and more; Go to Album, which shows you the rest of the album and more.

Listen with Siri




4:03
ng Time)
Rocket Man (I T
Elton John

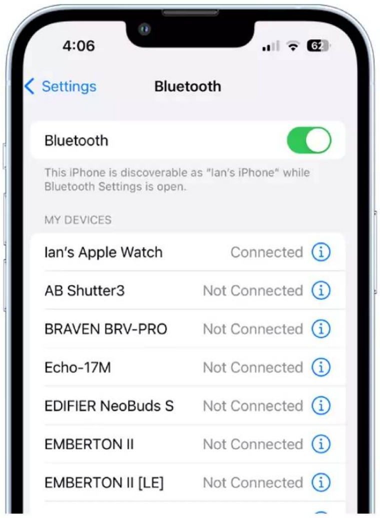
1 If you subscribe to the Apple Music subscription service, you can listen to songs using the Siri personal digital assistant, and you have over 75 million tracks to choose from. First of all, activate Siri by pressing and holding the Digital Crown or saying 'Siri' or 'Hey, Siri'.

2 You can then ask for a track, album or band by name. If the music you requested is on the Apple Music streaming service, you get to listen to it on your watch. Obviously, your watch must be connected to the Internet for you to stream from Apple Music.

Adding and Removing Music on Watch

As well as listening to iPhone music through your Apple Watch, you can also transfer songs directly to the watch and listen to it without an iPhone connection. Here's how to add and remove songs on your watch.

Adding Music to Your Watch

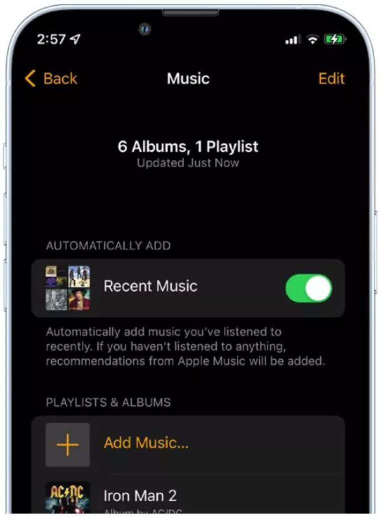


Bluetooth

This iPhone is discoverable as "Ian's iPhone" while Bluetooth Settings is open.

MY DEVICES

Ian's Apple Watch	Connected
AB Shutter3	Not Connected
BRAVEN BRV-PRO	Not Connected
Echo-17M	Not Connected
EDIFIER NeoBuds S	Not Connected
EMBERTON II	Not Connected
EMBERTON II [LE]	Not Connected



6 Albums, 1 Playlist
Updated Just Now

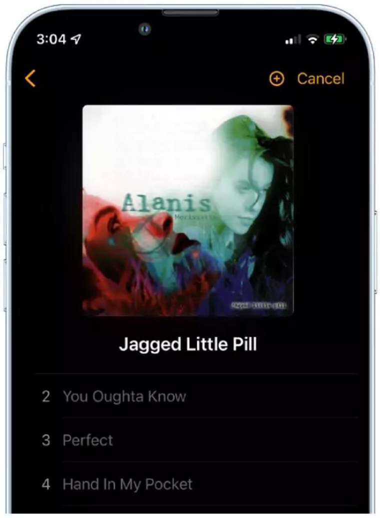
AUTOMATICALLY ADD

Recent Music

Automatically add music you've listened to recently. If you haven't listened to anything, recommendations from Apple Music will be added.

PLAYLISTS & ALBUMS

Iron Man 2



Jagged Little Pill

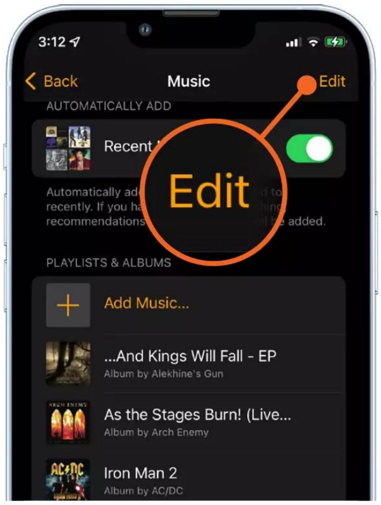
2 You Oughta Know
3 Perfect
4 Hand In My Pocket

1 Make sure your Apple Watch is on its charger, and your iPhone is within range of, and connected to, the watch. Make sure your iPhone has Bluetooth on; go to Settings > Bluetooth to check.

2 On your iPhone, open the Watch app, and select My Watch in the bottom-left corner of the screen. Look for the Music app in the apps list, and tap it to open the Music options.

3 Tap the plus sign, next to 'Add Music'. Navigate to the music you wish to add to your watch, and tap the album cover. With the album open, tap plus in a circle at the top.

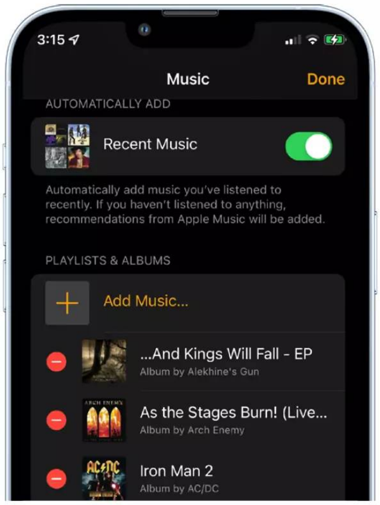
Removing Music from Your Watch



...And Kings Will Fall - EP
Album by Alekhine's Gun

As the Stages Burn! (Live...
Album by Arch Enemy

Iron Man 2
Album by AC/DC



AUTOMATICALLY ADD

Recent Music

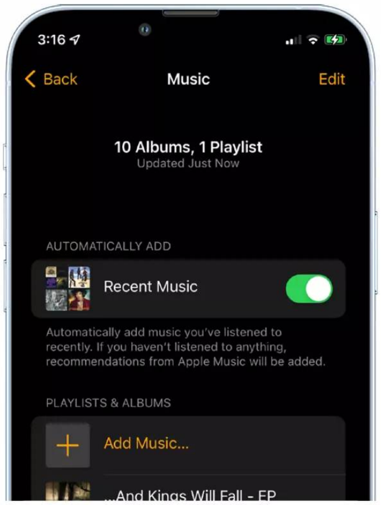
Automatically add music you've listened to recently. If you haven't listened to anything, recommendations from Apple Music will be added.

PLAYLISTS & ALBUMS

...And Kings Will Fall - EP
Album by Alekhine's Gun

As the Stages Burn! (Live...
Album by Arch Enemy

Iron Man 2
Album by AC/DC



10 Albums, 1 Playlist
Updated Just Now

AUTOMATICALLY ADD

Recent Music

Automatically add music you've listened to recently. If you haven't listened to anything, recommendations from Apple Music will be added.

PLAYLISTS & ALBUMS

...And Kings Will Fall - EP

1 To remove music that you've installed on your Apple Watch, again open the Apple Watch app on your iPhone, and go to My Watch > Music. Look for the Edit link (top-right corner).

2 If the Edit link isn't there, you don't have any music on your Apple Watch. After tapping Edit, a minus sign appears next to your albums. Tap one to remove it from your watch.

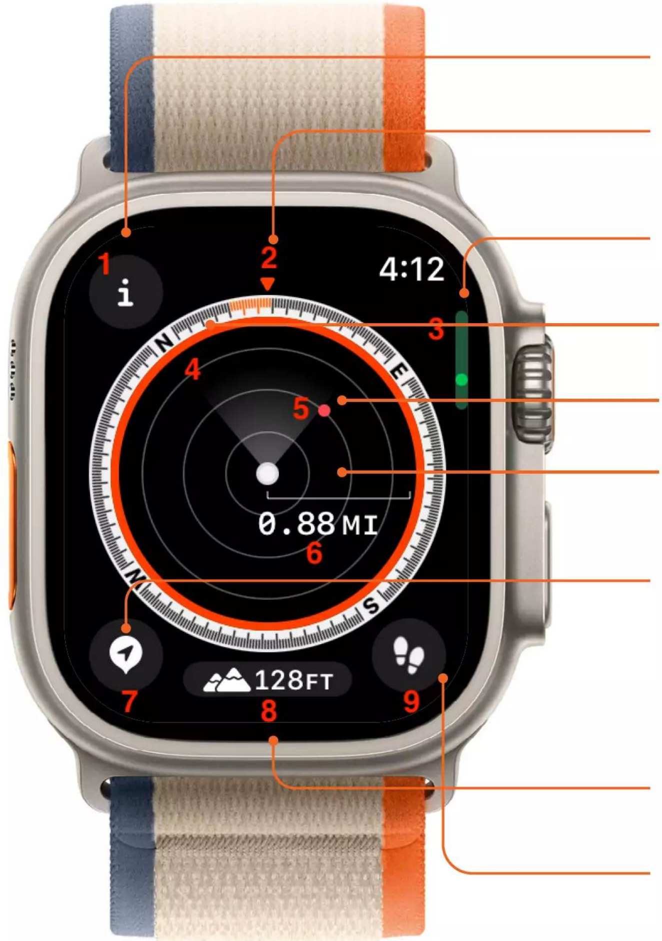
3 At the top of the Music screen is an on-off switch labelled 'Recent Music'. If you switch this on, songs you've recently played on your iPhone are automatically added to your watch.

The Watch Compass App

The Apple Watch has a useful Compass app, but only if you have an Apple Watch Series 5 and later, or Apple Watch SE. It works with or without a Wi-Fi or cellular connection, but if your watch band has magnets in it, like the Milanese Loop or Leather Link, it might interfere with the compass. It's been revamped for watchOS 11 too.

4:17
EXETER CITY F.C.
3,485.9 MI

What's Where in the Compass App



1 Tap for information such as your direction, incline, elevation, latitude/longitude, waypoints and more.

2 This triangle shows the direction you're currently facing. Rotate yourself left and right to align it with the direction in which you want to go.

3 Rotate the Digital Crown to zoom into and out of the waypoint position guide inside the compass ring.

4 The compass can use true north or magnetic north. Choose between them in the Settings app, under Compass.

5 This is a pin or waypoint dropped earlier. Tap it for details.

6 While turning the Digital Crown, you're shown the distance between your current position in the centre, and the edge of the waypoint map.

7 Tap here to drop a waypoint indicator on your current location. You can choose an icon and a colour. Scroll up further for its location on a map. If you lose cellular connection, the last place you had reception and the last place from where you can make an emergency call are automatically waypointed.

8 Elevation. Tap it for a different compass view that shows the height of your position and waypoints as well as their position on a 2D map.

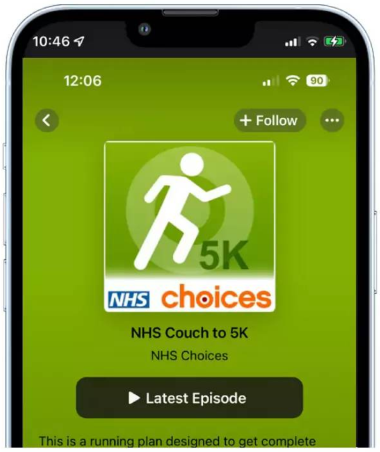
9 If you get lost, tap this icon to backtrack to your last placed waypoint.

Podcasts and Audiobooks

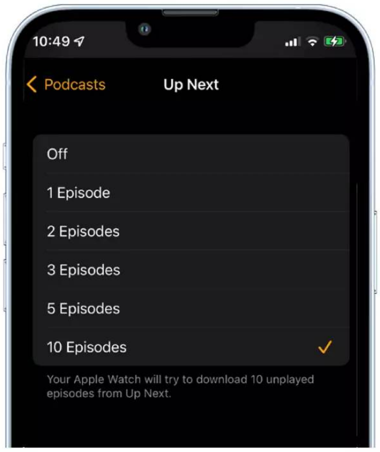
Audio entertainment on your Apple Watch isn't just about the Music app. You can also enjoy your Audiobooks and Podcasts right from your wrist, using earbuds or headphones you've connected to your watch using Bluetooth; without having your iPhone nearby. Ideal if you want to catch up without depleting your iPhone's battery.

Listening to Podcasts

Podcasts are audio shows you can download and listen to on your Apple gear. Subscribe to your favourite podcasts and enjoy them on the move using your Apple Watch and earbuds. It's perfect for catching up at the gym.


10:46
12:06
+ Follow
5K
NHS choices
NHS Couch to 5K
NHS Choices
▶ Latest Episode
This is a running plan designed to get complete

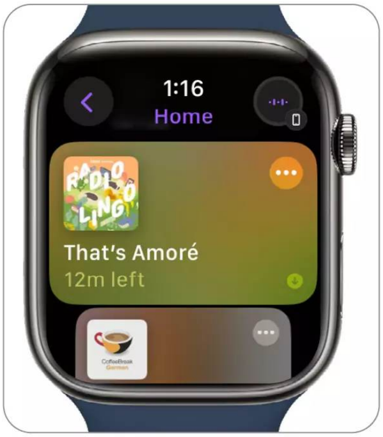
1 If you don't already subscribe to any podcasts, open the Podcasts app on your iPhone, go to the Browse section and take a look for subjects that interest you. When you find one you like, subscribe to it by tapping the Follow icon found at the top.


10:49
Podcasts
Up Next

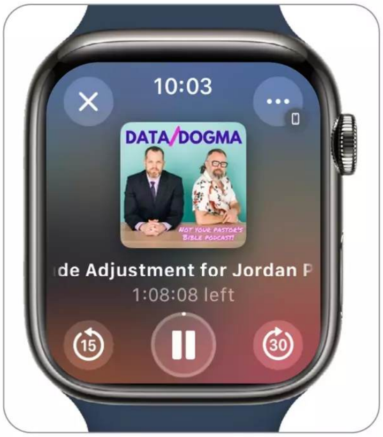
Off
1 Episode
2 Episodes
3 Episodes
5 Episodes
10 Episodes ✓

Your Apple Watch will try to download 10 unplayed episodes from Up Next.

2 When you subscribe to a podcast, it syncs to your Apple Watch while the watch is charging. Open the iPhone's Watch app, and go to My Watch > Podcasts. Tap Up Next, and you can choose how many – or none at all – new podcasts you store on your Apple watch.


1:16
Home
RADIO LINGO
That's Amoré
12m left

3 In the Podcasts app on your Apple Watch, scroll through the podcasts you have on your watch using the Digital Crown, or by swiping the screen up and down. Tap the three-dots icon for options to go to the show's page, or to mark the episode as played.

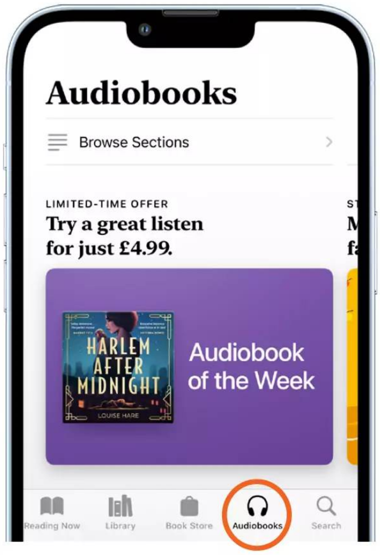

10:03
DATA/DOGMA
de Adjustment for Jordan P
1:08:08 left
15
30

4 Tap an episode to listen to it through your Apple Watch. If it isn't downloaded, and your iPhone is nearby, the show is streamed from your iPhone. If the podcast is stored on your watch, when you've listened to it, it will be deleted in order to make room for the next one.

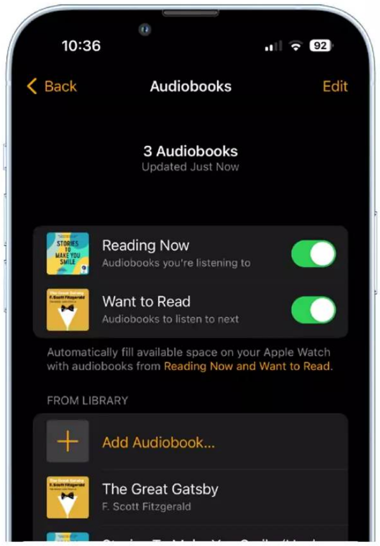
Listening to Audiobooks (Books app)

You can buy audiobooks on your iPhone, iPad or Mac, and enjoy them on your Apple Watch. Ideal if you don't want to take your iPhone to the gym. Here's how to get the most from audiobooks on your Apple smartwatch.

10:10
The Time Machine
H. G. Wells
Opening Credits
4:27 left
15
15


Audiobooks
Browse Sections
LIMITED-TIME OFFER
Try a great listen for just £4.99.
HARLEM AFTER MIDNIGHT
LOUISE HARE
Audiobook of the Week
Reading Now
Library
Book Store
Audiobooks
Search

1 You can buy audiobooks on your iPhone by opening the Books app, and tapping the Audiobooks icon at the foot of the screen. Navigate to a book you would like to listen to, and buy it, or simply get it if it's a free book; there are quite a few free ones.


10:36
92
Back
Audiobooks
Edit

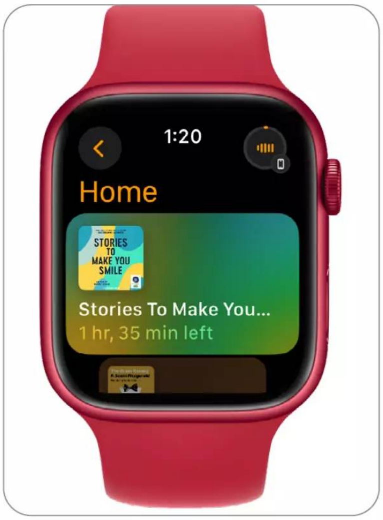
3 Audiobooks
Updated Just Now

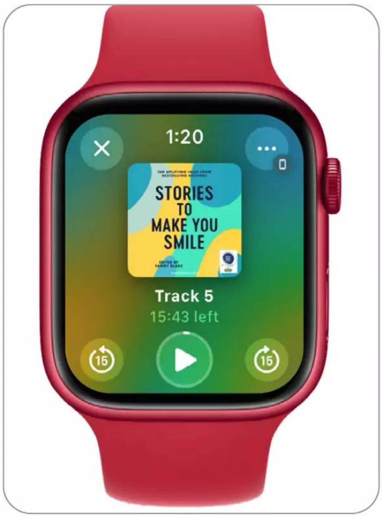
Reading Now ● Audiobooks you're listening to
Want to Read ● Audiobooks to listen to next

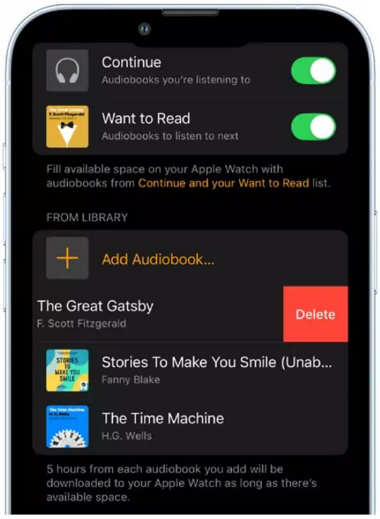
Automatically fill available space on your Apple Watch with audiobooks from Reading Now and Want to Read.

FROM LIBRARY
Add Audiobook...
The Great Gatsby
F. Scott Fitzgerald

2 By default, two audiobooks from your Reading Now or Want to Read collections sync with your watch while it's on its Apple Watch charger. You can open the iPhone's Watch app and in My Watch > Audiobooks, download books manually too.


1:20
Home
STORIES TO MAKE YOU SMILE
Stories To Make You...
1 hr, 35 min left


1:20
STORIES TO MAKE YOU SMILE
Track 5
15:43 left
15
15


Continue ● Audiobooks you're listening to
Want to Read ● Audiobooks to listen to next

Fill available space on your Apple Watch with audiobooks from Continue and your Want to Read list.

FROM LIBRARY
Add Audiobook...
The Great Gatsby
F. Scott Fitzgerald
Delete
Stories To Make You Smile (Unab...
Fanny Blake
The Time Machine
H.G. Wells

5 hours from each audiobook you add will be downloaded to your Apple Watch as long as there's available space.

3 On the Apple Watch's Audiobooks app, scroll up and down through your collection with the Digital Crown or by swiping up and down the screen. Tap the waveform icon in the top-right corner of the screen to go to the 'Now Playing' screen.

4 Tap a book to listen to it through an audio device connected to your Apple Watch through Bluetooth. The usual controls are there; play, pause, skip 15 seconds and more. Tap the three-dots icon to for options, including changing the playback speed.

5 If you dislike an audiobook that's on your Apple Watch and you want to delete it without finishing the book, in the iPhone's Apple Watch app, go to My Watch > Audiobooks. The books on your watch are listed; swipe it left, and tap the Delete link to remove it.

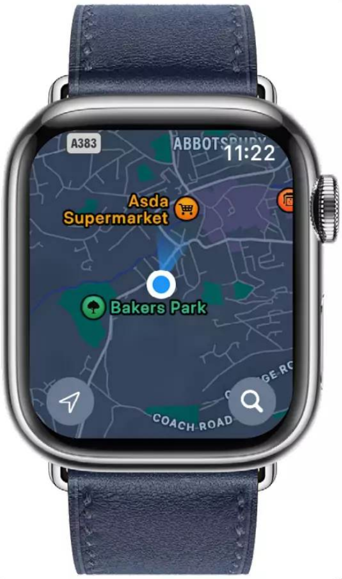
Find Your Way with Maps

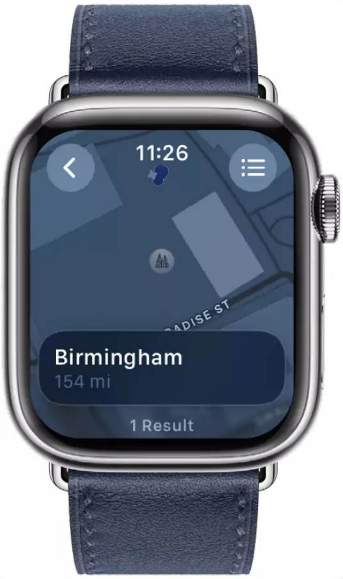
Maps is all about finding your way around. It's like having your very own GPS on your wrist. When you open the Maps app on your Apple Watch, it immediately shows your current location. You can zoom in and out of the map using the Digital Crown, search for places and local amenities and more, all from your wrist. Let's take a look at what the Maps app can do.

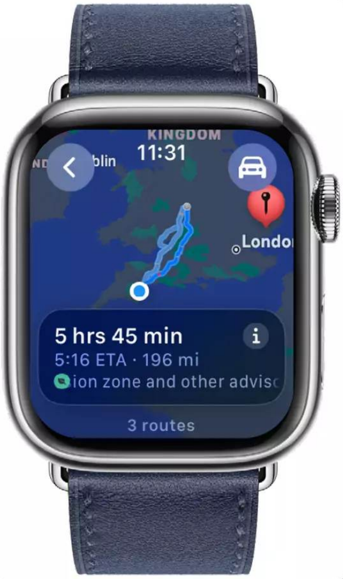
10:54
Denbury Village Hall
NORTH ST

Searching Maps

You can use the Maps app on your Apple Watch to find nearby – and far away – locations. If you need directions when you're driving, or simply need to find a certain street in your home town, Maps is for you.


A383
ABBOTSBURY
11:22
Asda Supermarket
Bakers Park
COACH ROAD


11:26
PARADISE ST
Birmingham
154 mi
1 Result


KINGDOM
11:31
London
5 hrs 45 min
5:16 ETA · 196 mi
ion zone and other advisc
3 routes

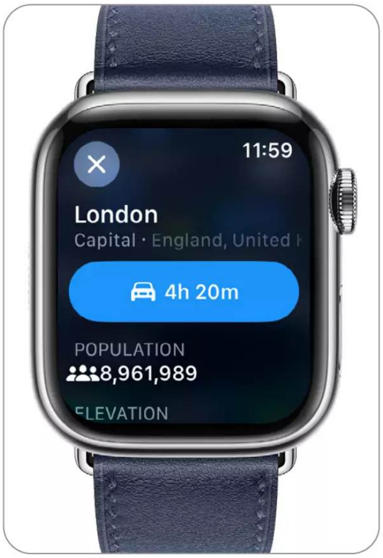
1 Open the Maps app on your Apple Watch. On the opening screen, you see your current location and the surrounding area. Tap the magnifying glass icon in the bottom right corner to open the Search screen, showing your favourites and more.

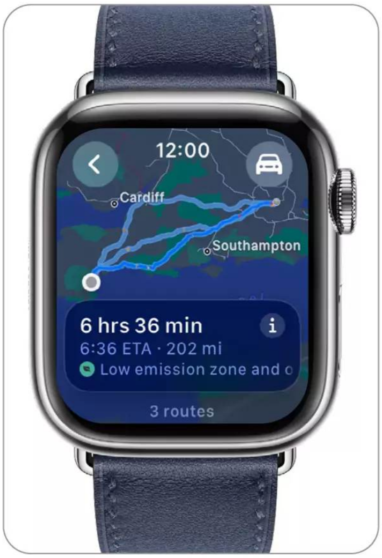
2 Tap the Search field at the top of the screen. You can enter a city, location or other map feature, and then tap Search to find it. The Maps app shows that place, and tells you how far away it is. Tap the name of that place for information about it.

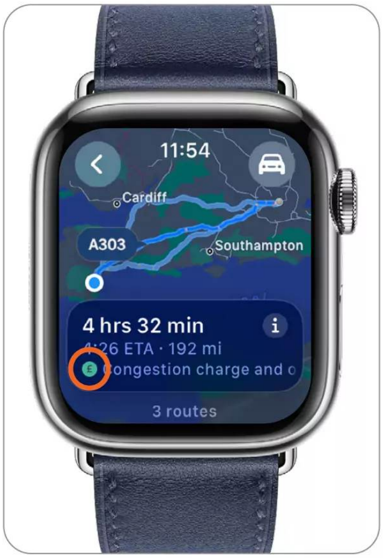
3 At the foot of this screen is an icon showing how long it will take to get there. Tap it for directions. To change the method of transport, tap the icon in the top-right corner of the screen and choose from the options offered, such as cycling, walking and more.

Using Directions

When you've found the location you wish to go to, you can get directions on your Apple Watch. Follow its instructions step-by-step, and listen for commands to take the next turn. It's really easy!


11:59
London
Capital · England, United K
4h 20m
POPULATION
8,961,989
ELEVATION

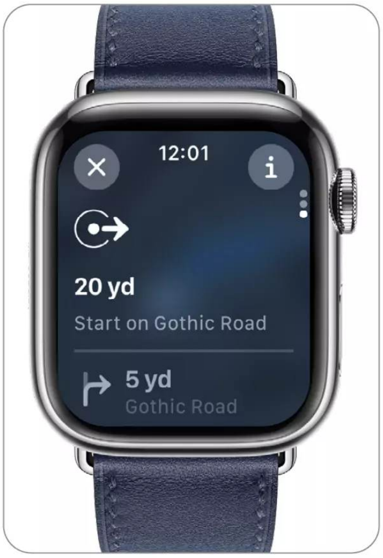

12:00
Cardiff
Southampton
6 hrs 36 min
6:36 ETA · 202 mi
Low emission zone and o
3 routes

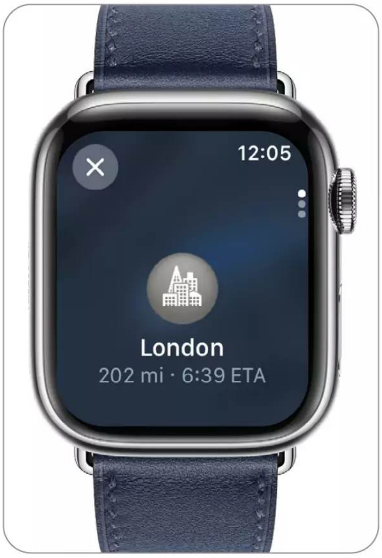

11:54
Cardiff
A303
Southampton
4 hrs 32 min
4:26 ETA · 192 mi
Congestion charge and o
3 routes

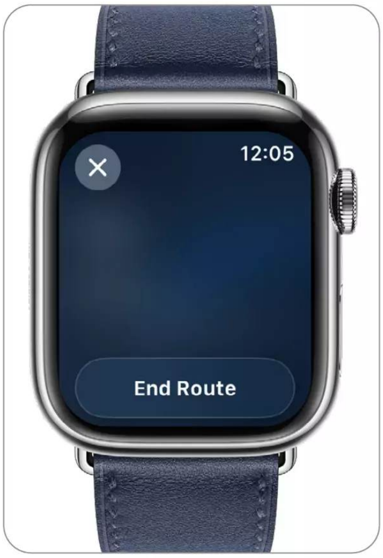
1 Having found your destination, tap the name of that destination to get to this screen. Tap the blue button. You can tap the car icon to change modes of transport, but here we're driving.

2 You're shown a suggested route. Use the Digital Crown to switch between them, noting information such as the time it's estimated to take and whether it uses motorways or toll roads.

3 A currency sign in the bottom-left corner of the route button means there are tolls or charges to pay. Tap the 'i' icon for more information, such as advisories, time, distance and a list of directions.


12:01
20 yd
Start on Gothic Road
5 yd
Gothic Road


12:05
London
202 mi · 6:39 ETA


12:05
End Route

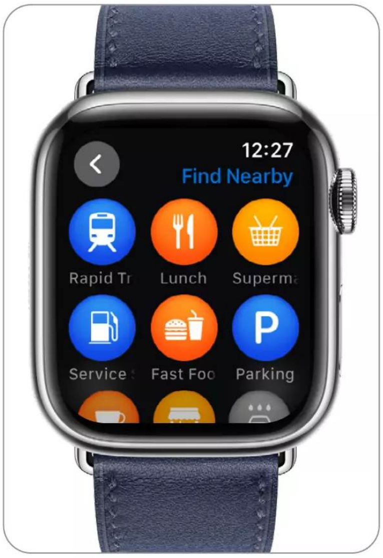
4 When you're ready, tap the route you wish to use. You're shown step by step instructions, which are also read out to you. Your ETA is updated in real time, so you know when you'll arrive.

5 Roll the Digital Crown to switch between your next turning, your current location on the route map and a screen showing the current distance to your destination and estimated time of arrival.

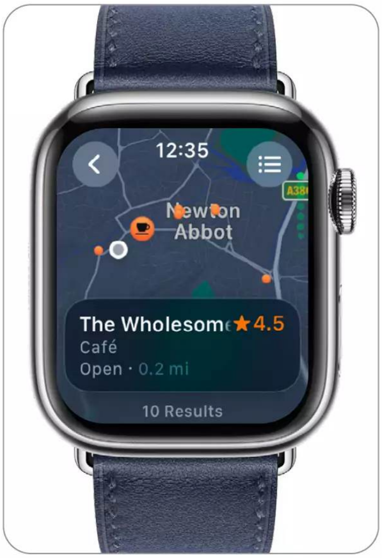
6 To stop the directions, tap the X icon in the top-left corner, then tap the End Route button. You can always set a new route from wherever you are at the time, completing your journey on a new route.

Local Amenities

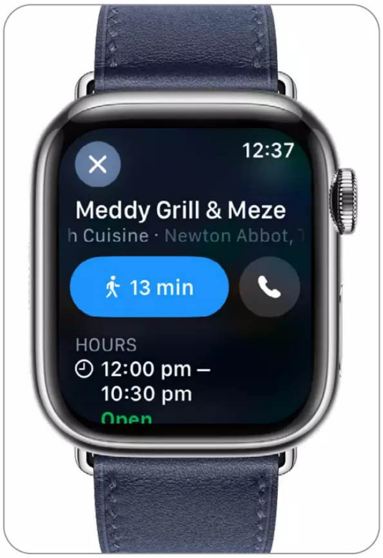
As well as taking you on a journey across the country to places near and far, it can also find local amenities such as cafés, petrol stations, cinemas and more. Here's how to find and reach them using Maps.


12:27
Find Nearby
Rapid Tr
Lunch
Superma
Service
Fast Foo
Parking

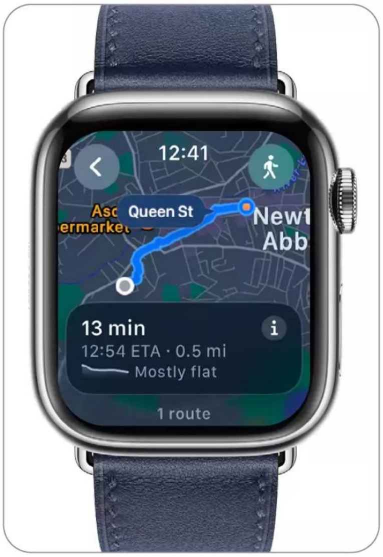
1 Open the Maps app, and on the search screen, tap the four-squares icon in the right of the Search field. Instead of searching, you'll see a list of amenities to be found nearby.


12:35
Newton Abbot
The Wholesome ★4.5
Café
Open · 0.2 mi
10 Results

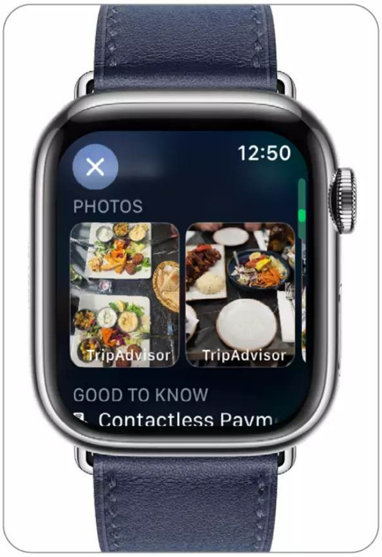
2 Tap the amenity you wish to find. For example, if you're looking for somewhere to eat, tap a food button. You're shown a map of all examples of that particular amenity in the locale.


12:37
Meddy Grill & Meze
h Cuisine · Newton Abbot,
13 min
HOURS
12:00 pm – 10:30 pm
Open

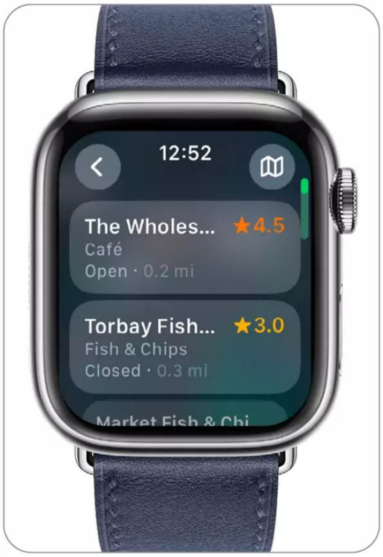
3 Scroll the Digital Crown to cycle through the available amenities. Tap one and you're shown information about that venue and a blue button showing how long the journey is likely to take.


12:41
Queen St
Newt Abb
13 min
12:54 ETA · 0.5 mi
Mostly flat
1 route

4 Tap the blue button for directions. If you want to travel by a means other than the one offered, tap the icon in the top-right corner of the screen and choose a new mode of transport.

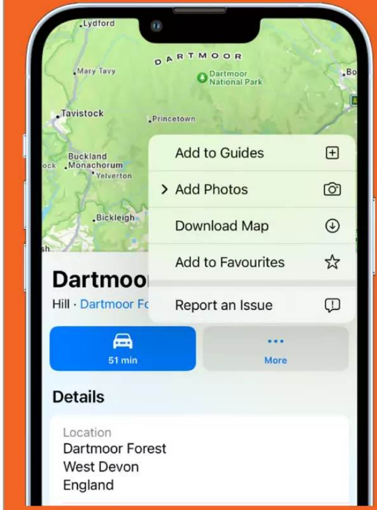

12:50
PHOTOS
TripAdvisor
TripAdvisor
GOOD TO KNOW
Contactless Paym

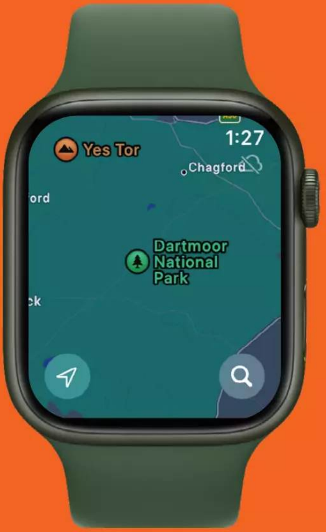
5 Scroll up on the screen with the blue button for information such as opening times, ratings, photos, the address and more. Tap the telephone button to call the venue in question.


12:52
The Wholes... ★4.5
Café
Open · 0.2 mi
Torbay Fish... ★3.0
Fish & Chips
Closed · 0.3 mi
Market Fish & Chi

6 On the map screen, after choosing the amenity you wish to search for, tap the three-lines icon in the top right for a list of those found locally. Tap one to go to its information screen.

Downloading Maps

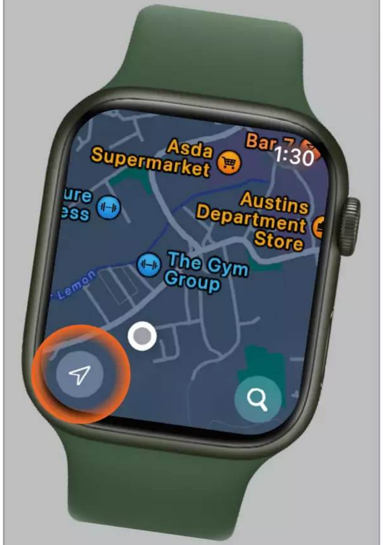

Lydford
DARTMOOR
Mary Tavy
Dartmoor National Park
Tavistock
Princetown
Buckland Monachorum
Yelverton
Bickleigh
Add to Guides
Add Photos
Download Map
Add to Favourites
Report an Issue
Dartmoo
Hill · Dartmoor Fo
51 min
More
Details
Location
Dartmoor Forest
West Devon
England


Yes Tor
1:27
Chagford
Dartmoor National Park

1 In the iPhone's Maps app, search for a locale, tap the More button and from the menu that appears, tap the Download Map option, and use the handles to choose the extent of the area you wish to download. Tap the Download button.

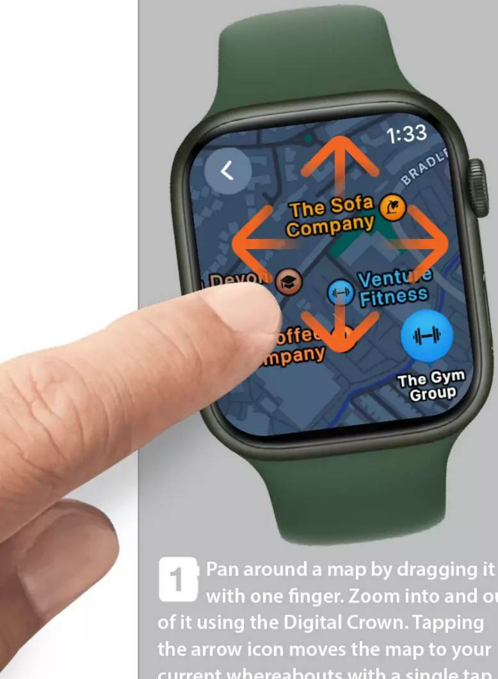
2 The map downloads, and can then be used offline. Offline Maps are found in Maps by tapping your photo icon next to the Search field. Even if offline, you can use downloaded maps on your iPhone and on your Apple Watch.

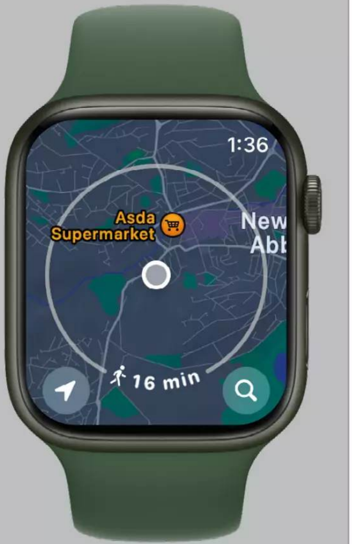
Current Location


Asda Supermarket
Bar 7
1:30
Austins Department Store
The Gym Group
Lemon

The Location button on the first screen of Maps, and the location icon anywhere in the app, takes you to a map showing your current whereabouts. The blue or grey dot is where you are.

Pan and Zoom


1:33
BRADLE
The Sofa Company
Ventu e Fitness
The Gym Group


1:36
Asda Supermarket
New Abb
16 min

1 Pan around a map by dragging it with one finger. Zoom into and out of it using the Digital Crown. Tapping the arrow icon moves the map to your current whereabouts with a single tap of the screen.

2 Scroll in and out of your current location to see a ring, showing how long it should take to walk to a location or amenity located on that circle. The Digital Crown expands and contracts the ring.

National Parks (USA Only)

Hiking routes with turn-by-turn guidance are now offered for all 63 national parks in the USA. These can be saved to your watch and accessed offline for off-the-grid hiking, even when your iPhone isn't nearby. You can also create your own walking routes on the iPhone's Maps app and save the route to your watch.

We hope this feature catches on and comes to parks and moors across Europe as well as in the USA.

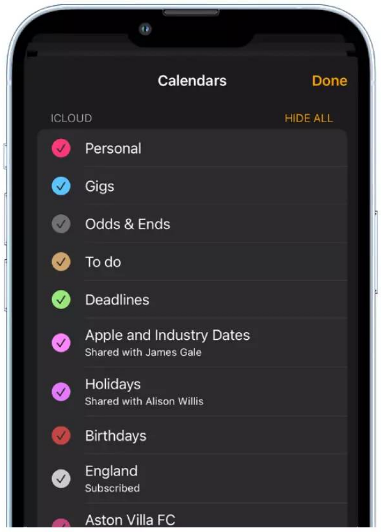
Watching Your Calendar

It pays to keep tabs on your appointments and events, and with the Calendar app, you can sync your reminders to your Apple Watch and get an alert on your wrist. You can even tap a Calendar appointment on your Apple Watch and get directions to the venue through the Maps app. Here's how to use the Calendar app to help organise your life right from your wrist.

2:06
October
M T W T F S S
16 17 18 19 20 21 22

Get More From the Calendar App

Although the Calendar app on your Apple Watch is somewhat limited in scope, when synced with your iPhone, it's still handy for giving instant access to appointment schedules and alerts for upcoming events.

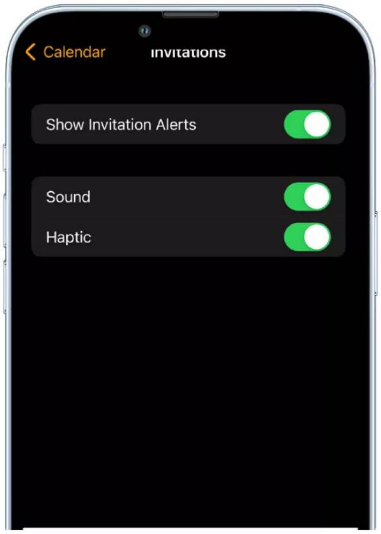


Calendars Done

ICLOUD HIDE ALL

- ✓ Personal
- ✓ Gigs
- ✓ Odds & Ends
- ✓ To do
- ✓ Deadlines
- ✓ Apple and Industry Dates
  Shared with James Gale
- ✓ Holidays
  Shared with Alison Willis
- ✓ Birthdays
- ✓ England
  Subscribed
- Aston Villa FC

1 Open your iPhone's Watch app and go to My Watch > Calendar. Here you can choose to mirror the notification settings and calendars used by your iPhone or set them up as a custom setting. Tap Custom under Notifications and you can set what notifications are sent to your watch. Tap Custom under Calendars and you can choose which calendars are shown on the watch.

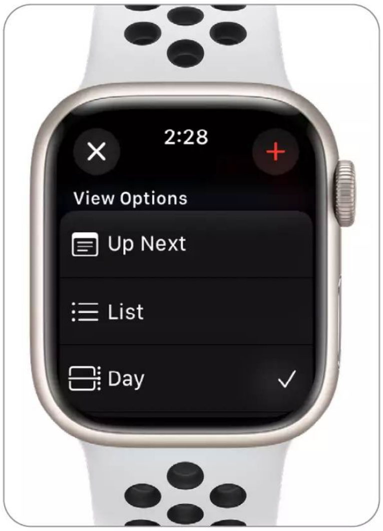


< Calendar Invitations

Show Invitation Alerts ●

Sound ●
Haptic ●

2 Except where you've chosen differently, calendars and events on your iPhone's Calendar app are also shown on your watch. Subject to your settings, notifications from the Calendar app on your iPhone are also sent to your Apple Watch. You can customise whether they're sent with an audible tone and/or a haptic vibration in the Notifications customisation section.

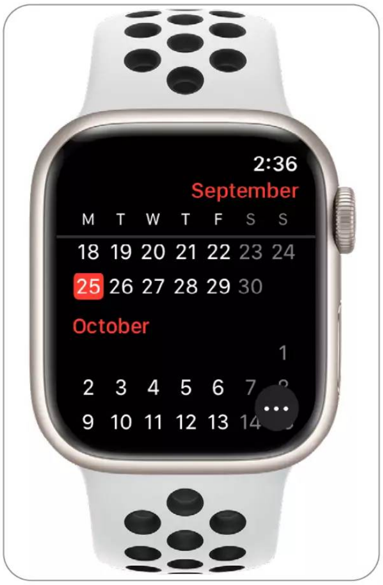


2:28

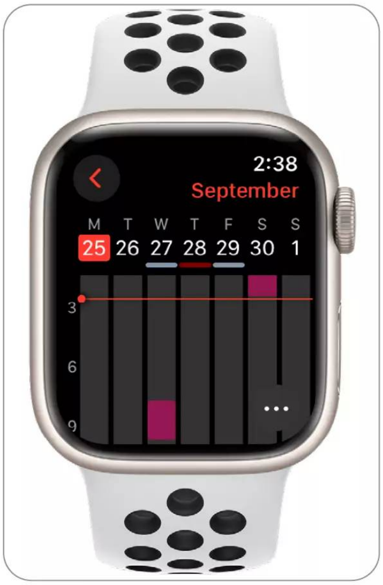
View Options

- Up Next
- List
- Day ✓

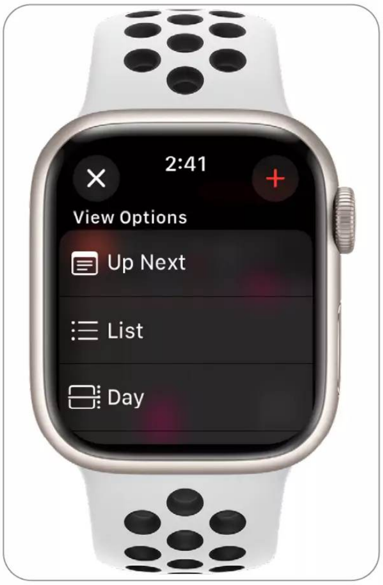
3 A feature that was introduced with watchOS 9 lets you to create an event from your Apple Watch's Calendar app, which is then synced to your iPhone. In the watch's Calendar app, open the Today view for the day on which you want it to take place. Tap the three-dots icon (bottom-right), tap the plus button to create a new event and then set it up. Tap the tick icon at the top to add it.


2:36
September
M T W T F S S
18 19 20 21 22 23 24
25 26 27 28 29 30
October
1
2 3 4 5 6 7
9 10 11 12 13 14
•••

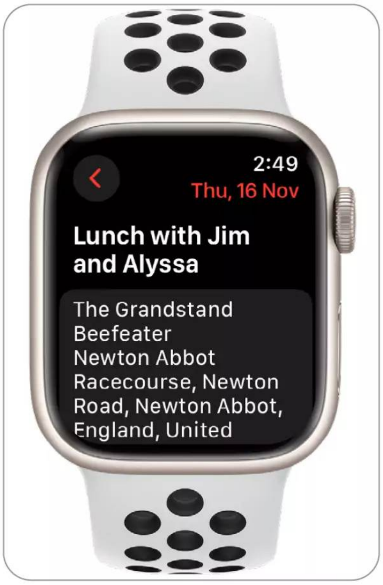
4 When you open the Calendar app on your Apple Watch, the first thing you see is likely to be the current month laid out according to the days of the week. The current day is shown as a red square. Tap the screen to see your schedules and appointments for the next few days.


2:38
September
M T W T F S S
25 26 27 28 29 30 1
3
6
9
•••

5 Tap a day on the Month screen and you get this, a row of days and dates with upcoming events in each days' columns. Tap one to get to the Today view, which shows all-day events at the top of the screen, and timed events in their respective time slots.


2:41
View Options
Up Next
List
Day

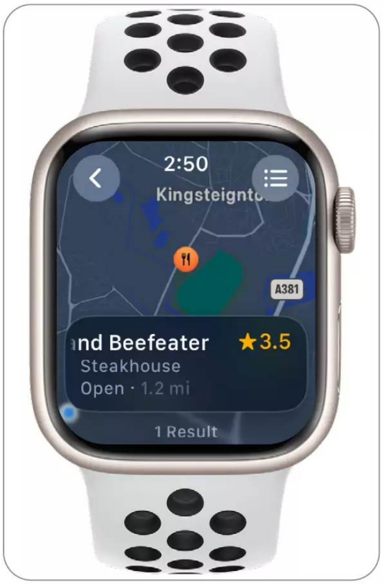
6 On a day's listing, tap the three-dots icon you can choose to display your forthcoming events as Up Next, which shows your next event, a List of forthcoming events or in Day, Week or Month view. The choice is yours and you can always change it back again if you wish.


2:49
Thu, 16 Nov

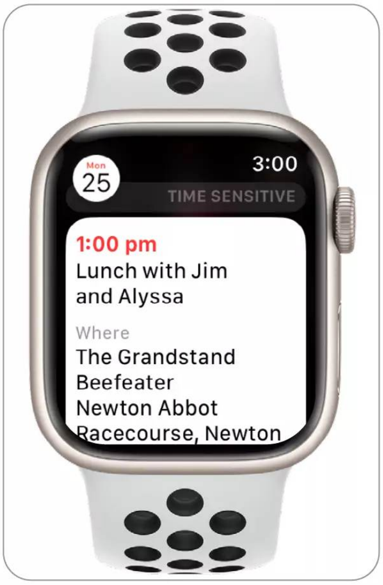
Lunch with Jim and Alyssa

The Grandstand Beefeater Newton Abbot Racecourse, Newton Road, Newton Abbot, England, United

7 Tap an event in the Today or List view and you're shown its details. This includes the calendar it's listed under, the time and if applicable the location, whether it repeats and more. You can now edit events on your watch. Scroll to the bottom of the event for the Edit button.


2:50
Kingsteignto
A381
nd Beefeater
★3.5
Steakhouse
Open · 1.2 mi
1 Result

8 If a calendar entry has a location listed, in the event, tap that location. You're taken to the Maps app, with the location shown on a map. You can then tap the button naming the venue or facility, and get directions there or information such as opening hours and distance.


Mon
25
3:00
TIME SENSITIVE

1:00 pm
Lunch with Jim and Alyssa

Where
The Grandstand Beefeater Newton Abbot Racecourse, Newton

9 If you have an alert set up for an event in your iPhone's Calendar app, you also get that alert on your Apple Watch. If there's a location set up in the event, it tells you when you need to leave, where to go and more. You need never miss an appointment again.

Photos on Watch

Apple Watch's Photos app is great for reviewing your snaps on the smallest screen. All you have to do is sync an album and/or Memories from your iPhone to your Apple Watch. Then you can view the pics, zoom in on them and even create a new watch face; directly from your watch's Photos app. Here's how to make the most of this interesting feature.

3:05
Apple Watch

Syncing a Photo Album

You can sync one album from your iPhone to your watch, and also sync Memories and featured photos. Why not create a new album, call it Apple Watch, and keep all the images you wish to sync in one place?

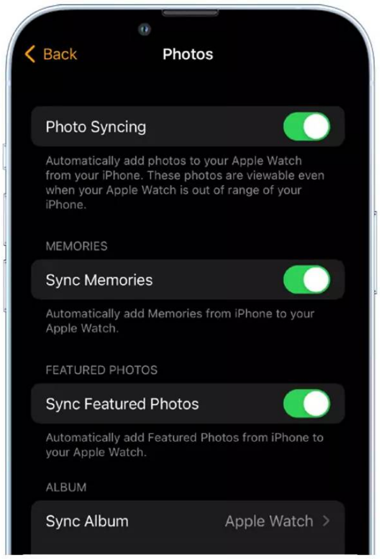

< Back Photos

Photo Syncing ●

Automatically add photos to your Apple Watch from your iPhone. These photos are viewable even when your Apple Watch is out of range of your iPhone.

MEMORIES

Sync Memories ●

Automatically add Memories from iPhone to your Apple Watch.

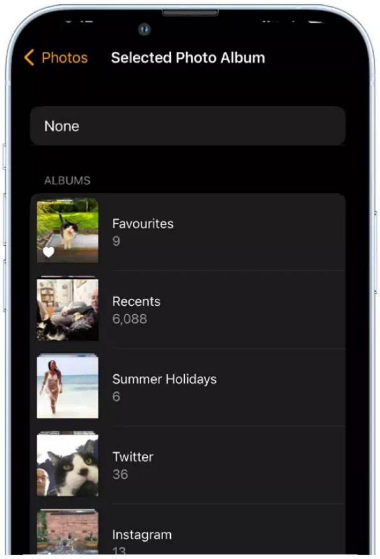
FEATURED PHOTOS

Sync Featured Photos ●

Automatically add Featured Photos from iPhone to your Apple Watch.

ALBUM

Sync Album Apple Watch >


< Photos Selected Photo Album

None

ALBUMS

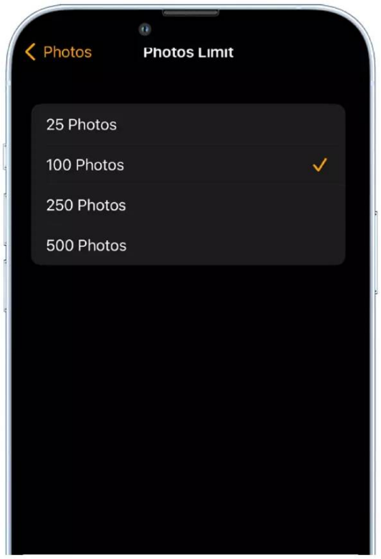
Favourites
9

Recents
6,088

Summer Holidays
6

Twitter
36

Instagram
13


< Photos Photos Limit

25 Photos

100 Photos ✓

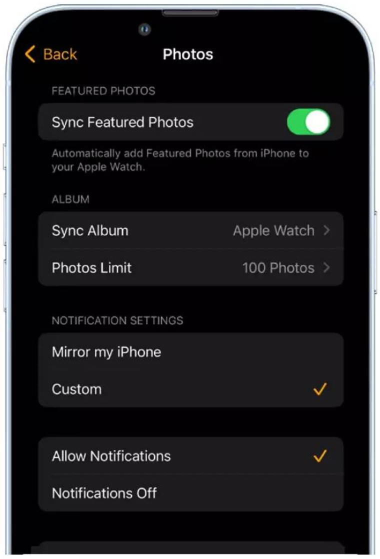
250 Photos

500 Photos

1 First of all, open your Watch app on your iPhone, and go to My Watch > Photos. The first three items there are on-off switches. In order (top to bottom), these are; Photo Syncing, which lets you automatically add pics to your Apple Watch; Sync Memories, which syncs your photo app's memories to your watch; and Sync Featured Photos.

2 In the Album section of this page, tap Sync Album and choose an album in your iPhone's Photos app to sync with your Apple Watch. Just scroll up and down the page, and tap the album you want to tick. To change the album on your watch, tick another. Scroll to the top of the page and tap None to remove all albums from the watch.

3 To prevent your watch filling up with too many pictures, there's a limit on the number of photos you can sync. By default this is 100 photos, but you can change this figure by going to My Watch > Photos > Photos Limit and choosing another figure. If you plan to add lots of music and/or apps, take care not to fill it up with photos too.



Back Photos

FEATURED PHOTOS

Sync Featured Photos ●

Automatically add Featured Photos from iPhone to your Apple Watch.

ALBUM

Sync Album Apple Watch >

Photos Limit 100 Photos >

NOTIFICATION SETTINGS

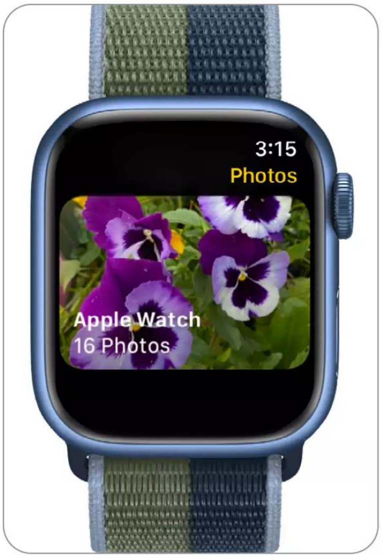
Mirror my iPhone

Custom ✓

Allow Notifications ✓

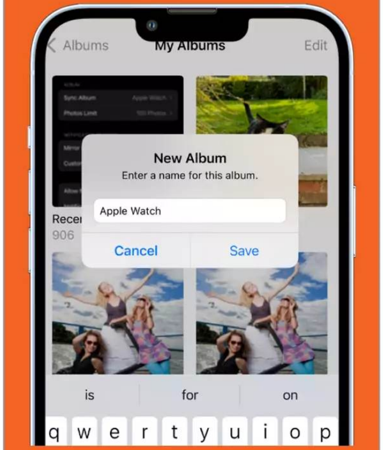
Notifications Off

4 At the foot of the page of My Watch > Photos, is an option to change the Notification Settings. By default it mirrors your iPhone. When the iPhone's app sends a notification, your watch does too. Alternatively, tap Custom and customise your Photos' notifications on your Apple Watch, to suit the way you use your watch.



5 Open the Photos app on your watch. You'll see collections that you can scroll up and down with the Digital Crown, or swipe up and down on the screen. These collections are Memory, Featured photos and the album you chose to sync. Of course, if you switched one of these syncs off on your iPhone, it won't be on your watch.

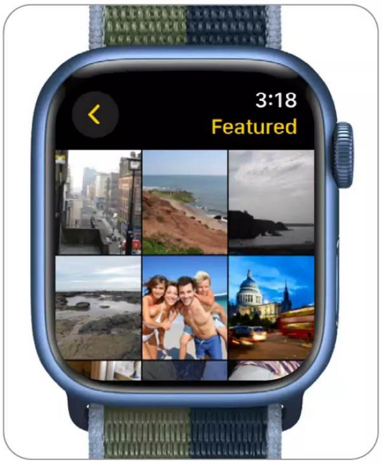
A Watch Album?



6 If you want to create an album for syncing with your watch, on your iPhone, open the Photos app and tap Albums at the bottom of the screen. Tap the plus icon (top left), make a new album, give it a name and then add the photos you want to sync. Pictures you add to the new album aren't deleted from existing albums; they're still there too.

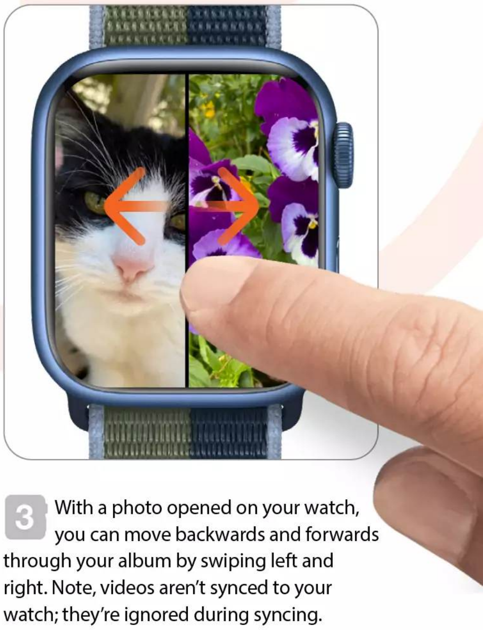
Browsing Photos

When you've synced photographs with your Apple Watch, you can enjoy them, right from your wrist. You can take a look at your family snaps without even getting your iPhone out of your pocket. It's simple and convenient.



1 In the Apple Watch's Photos app, tap the Featured collection or your synced album. You'll see your pictures in a large grid. You can scroll up and down this grid by swiping up and down with your finger.

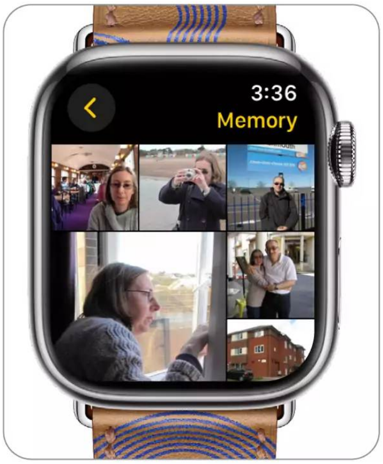
2 Tap on a photo in the grid to open it at full-screen size. Scroll in and out of the picture using your Digital Crown. To get back to the grid, turn the Digital Crown until the picture shrinks back into it.

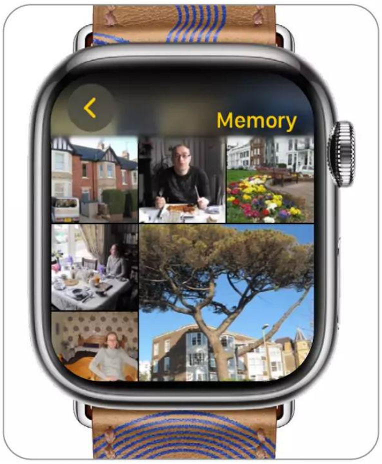


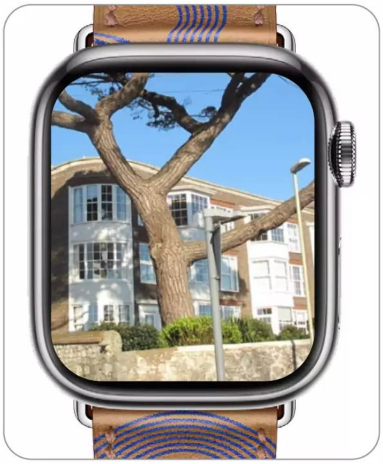
3 With a photo opened on your watch, you can move backwards and forwards through your album by swiping left and right. Note, videos aren't synced to your watch; they're ignored during syncing.

Browsing Memories

If you've chosen to sync Memories with your Apple Watch, on the front page of the watch's Photos app, you'll see a category called Memory. This works a little differently to other sections of the Apple Watch Photos app.







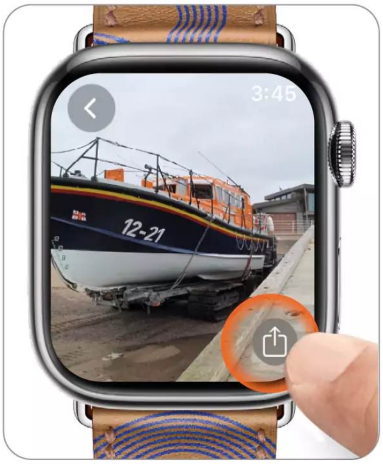
1 In your watch's Photos app, tap the Memory collection. Once again, it's displayed as a grid, but unlike the Featured and Album collections, the pictures are not the same size.

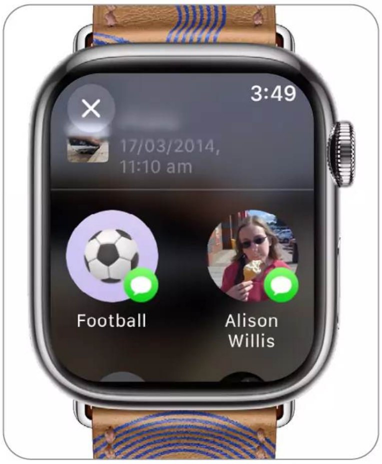
2 In contrast to the other photo categories in the Photos app, you can move up and down the grid using the Digital Crown, as well as by swiping up and down the screen with your finger.

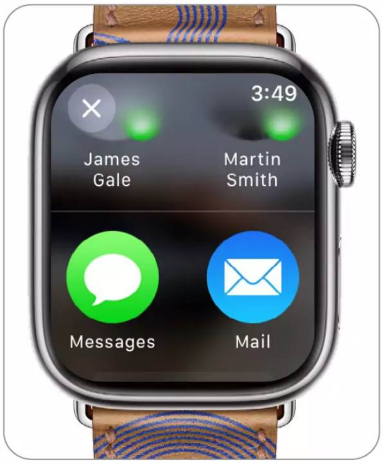
3 Open a picture by tapping it, then move in and out of the photograph by turning the Digital Crown. With the pic displayed larger than full screen, you can drag it around with your finger too.

Sharing Photos

With photos synced with your Apple Watch, you can share pictures with others, directly from your wrist. With just a few taps, you can send your friends your best photographs, so they can enjoy them too.







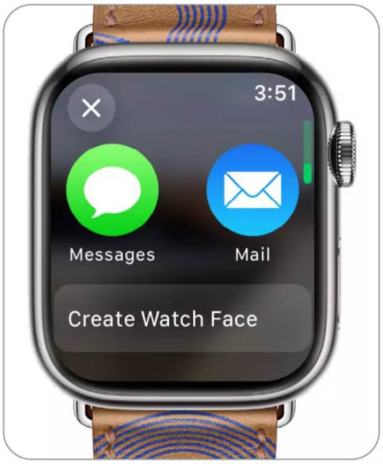
1 Navigate to the picture you want to share and tap it to open it to full screen size. If the time and controls aren't showing, tap the screen. Tap the sharing icon, bottom right.

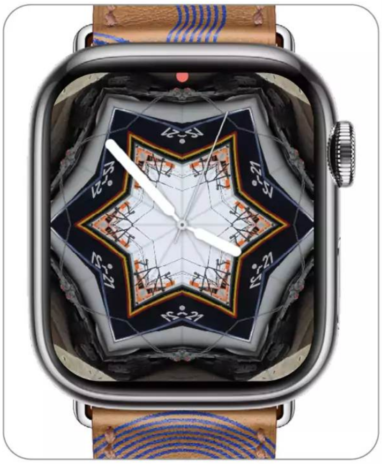
2 At the top of the next screen is a thumbnail of the photo, followed by ready-made options to share with people you regularly message. Tap one of these to send it to that person.

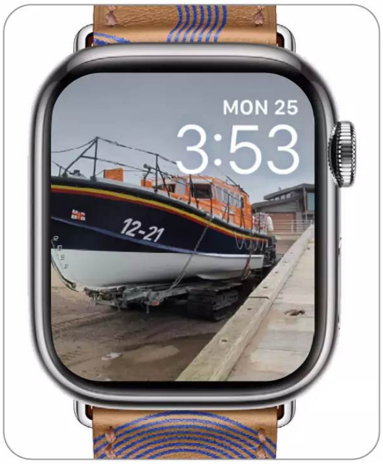
3 If the person, or sharing method, doesn't appear, scroll down to see options to mail or message the photo. Choose one, and fill in the recipient and the message, and send it.

Creating a Watch Face

You can create a watch face based on one of your photos, so you can see your favourite picture on your wrist along with a digital readout of the time. Here's how to do just that, on your trusty Apple Watch.





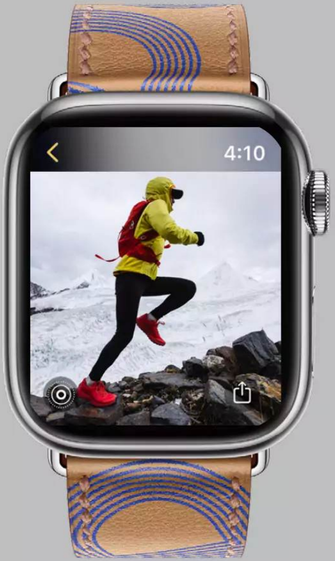


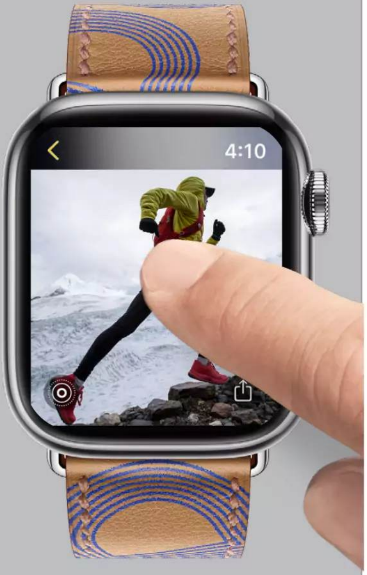
1 Choose a photo you want to use as a watch face and open it. Tap the Share icon in the bottom-right corner, and scroll with the Digital Crown until you get to the Create Watch Face button.

2 Tap Create Watch Face and choose whether you want a Kaleidoscope face or a regular Photo face. The former turns the photo into a kaleidoscope pattern on an analogue watch.

3 Opt for Photos and you get a full-screen photograph and a digital time readout. You can edit this watch face in the usual way, moving the digital time and adding complications.

Live Photos

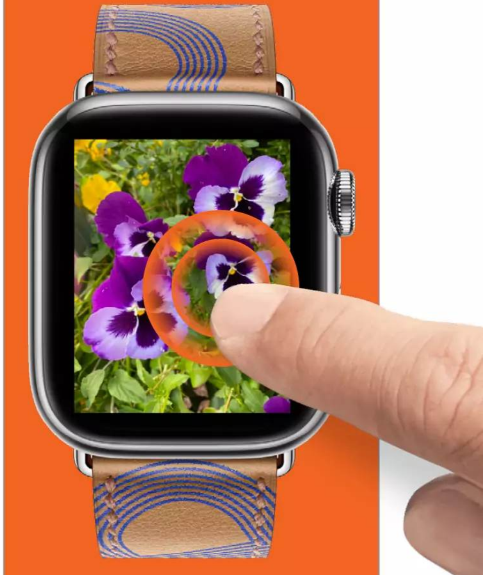




1 You know when you have a Live Photo on your Apple Watch, because when you tap it to show its top bar and icons, you see a Live Photo icon (concentric circles) in the bottom left.

2 To animate a Live Photo, tap and hold the screen, and you see the short video recorded with the picture. You can do this whether you have the icons visible on screen or not.

Resizing Photos



With a photo open on your Apple Watch, double tap the watch screen to toggle between viewing a picture that fills the entire screen, and a screen that shows the whole picture.

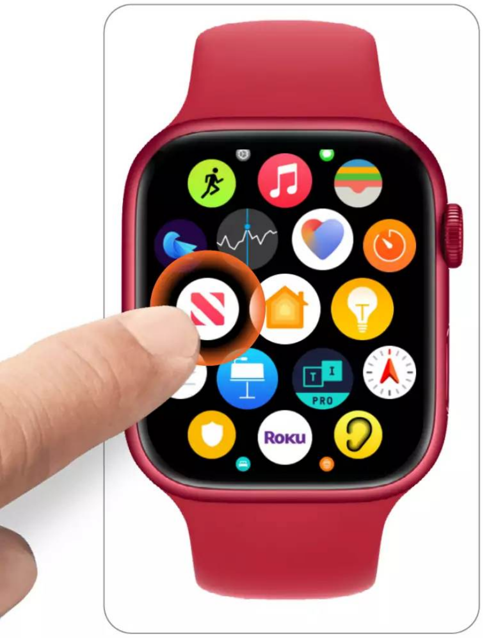
Here is the News

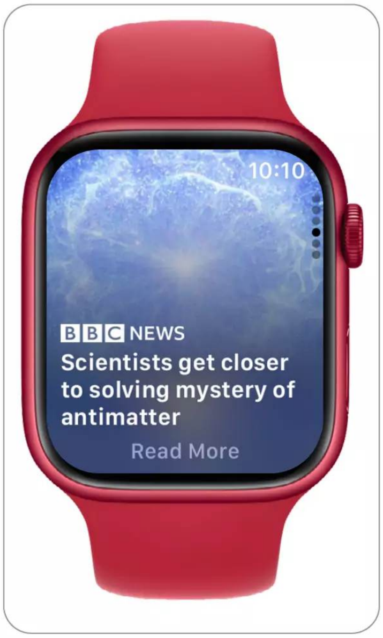
Apple News compiles important news stories and features from around the world and presents it to you in a single app. There's plenty of material here for free, but if you subscribe to Apple News+, you'll get access to hundreds of magazines and periodicals. The Apple Watch has a great News app, though it's not available in every region.

6:04
ESPN
Jess Hawkins becomes first woman to drive modern F1 car for five years
Read More

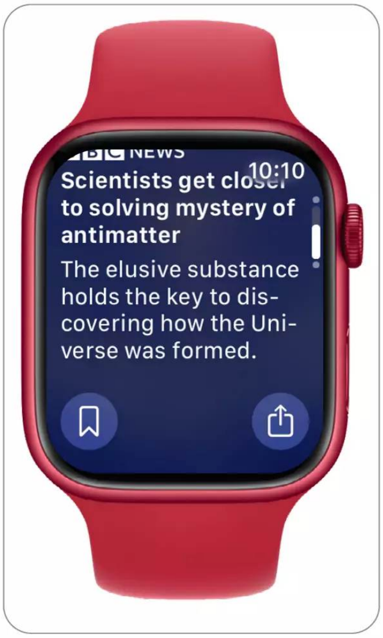
Using News on Apple Watch

The Apple Watch News app is amazing; drawing content from the News app on your iPhone, which you've customised and curated to give you the stories that best suit your needs and interests.





Scientists get closer to solving mystery of antimatter



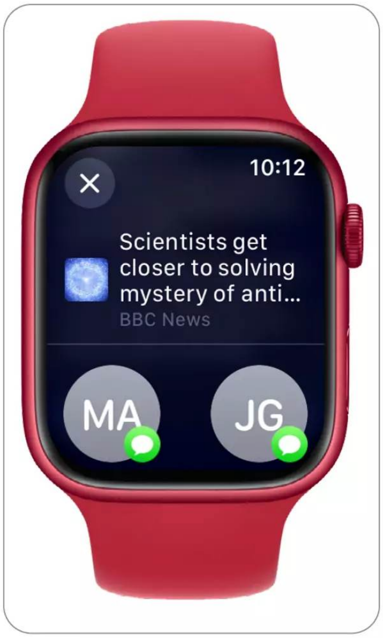
Scientists get closer to solving mystery of antimatter

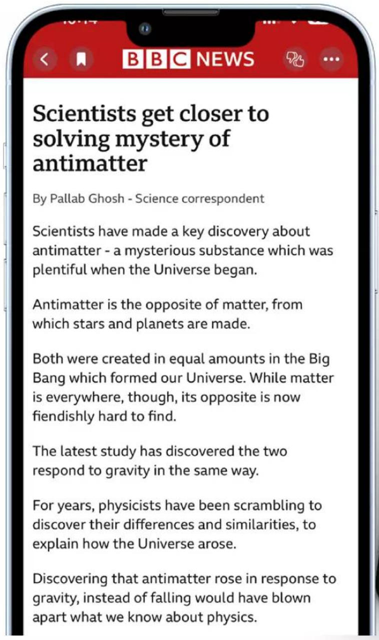
The elusive substance holds the key to discovering how the Universe was formed.

1 To open the News app on your Apple Watch, press the Digital Crown, navigate to the News icon and tap it. As is usual, the icon for the app is the same as the iPhone's News icon.

2 Scroll with the Digital Crown for a short summary of a series of news stories. Tap one for the full story, which you can scroll up and down with the Digital Crown or your finger.

3 At the foot of the story are two icons; Bookmark to save the story for later, and the Share icon. To close the current story, simply tap on it and you can select your next story with the Digital Crown.


10:12
Scientists get closer to solving mystery of anti...
BBC News
MA
JG



Scientists get closer to solving mystery of antimatter

By Pallab Ghosh - Science correspondent

Scientists have made a key discovery about antimatter - a mysterious substance which was plentiful when the Universe began.

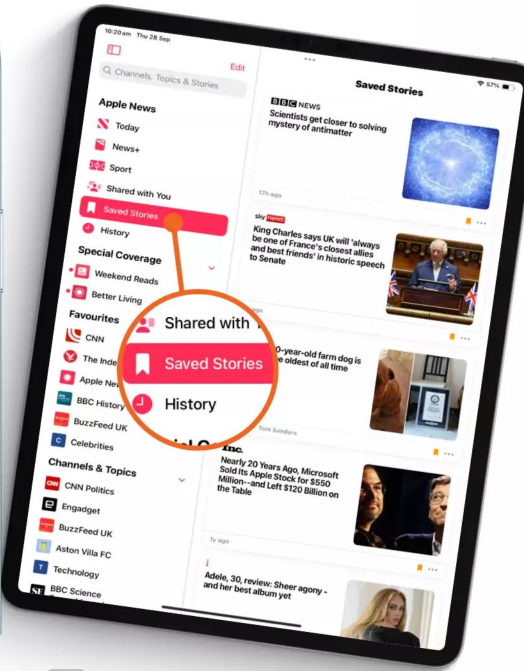
Antimatter is the opposite of matter, from which stars and planets are made.

Both were created in equal amounts in the Big Bang which formed our Universe. While matter is everywhere, though, its opposite is now fiendishly hard to find.

The latest study has discovered the two respond to gravity in the same way.

For years, physicists have been scrambling to discover their differences and similarities, to explain how the Universe arose.

Discovering that antimatter rose in response to gravity, instead of falling would have blown apart what we know about physics.


10:20 am Thu 28 Sep
Channels, Topics & Stories
Edit
Apple News
Today
News+
Sport
Shared with You
Saved Stories
History
Special Coverage
Weekend Reads
Better Living
Favourites
CNN
The Independent
Apple News
BBC History
BuzzFeed UK
Celebrities
Channels & Topics
CNN Politics
Engadget
BuzzFeed UK
Aston Villa FC
Technology
BBC Science
Saved Stories
Shared with
Saved Stories
History

BBC NEWS
Scientists get closer to solving mystery of antimatter

King Charles says UK will 'always be one of France's closest allies and best friends' in historic speech to Senate

...0-year-old farm dog is ...e oldest of all time

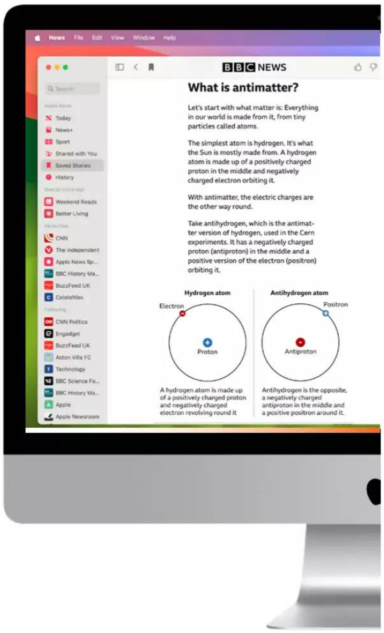
...Inc.
Nearly 20 Years Ago, Microsoft Sold Its Apple Stock for $550 Million—and Left $120 Billion on the Table

Adele, 30, review: Sheer agony - and her best album yet

4 Using a news story's Share icon, you can share the story using Messages or Email. Tap a pin at the top of the options to share with the person in question, or scroll to the app icons below.

5 To open a story you've Saved for Later on your iPhone, open the iPhone's News app and tap Following at the foot of the screen. Tap Saved Stories, and your story is there.

6 When using an iPad's News app, on the left-hand side of the screen is a sidebar (opened with the top-left icon in portrait mode). Tap Saved Stories in this sidebar.


News File Edit View Window Help
Search
Today
News+
Sport
Shared with You
Saved Stories
History
Weekend Reads
Better Living
CNN
The Independent
Apple News Sp...
BBC History Ma...
BuzzFeed UK
Celebrities
CNN Politics
Engadget
BuzzFeed UK
Aston Villa FC
Technology
BBC Science Fo...
BBC History Ma...
Apple
Apple Newsroom
BBC NEWS
Hydrogen atom
Antihydrogen atom
Electron
Positron
Proton
Antiproton

What is antimatter?

Let's start with what matter is: Everything in our world is made from it, from tiny particles called atoms.

The simplest atom is hydrogen. It's what the Sun is mostly made from. A hydrogen atom is made up of a positively charged proton in the middle and negatively charged electron orbiting it.

With antimatter, the electric charges are the other way round.

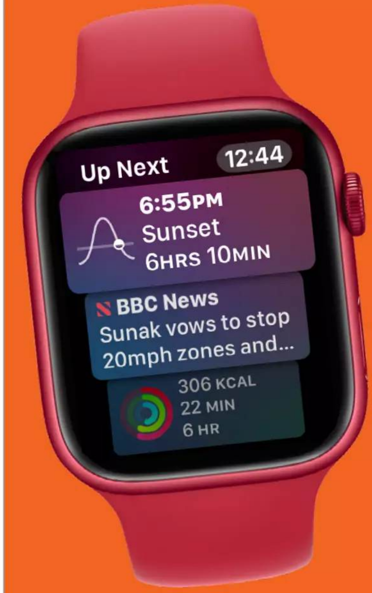
Take antihydrogen, which is the antimatter version of hydrogen, used in the Cern experiments. It has a negatively charged proton (antiproton) in the middle and a positive version of the electron (positron) orbiting it.

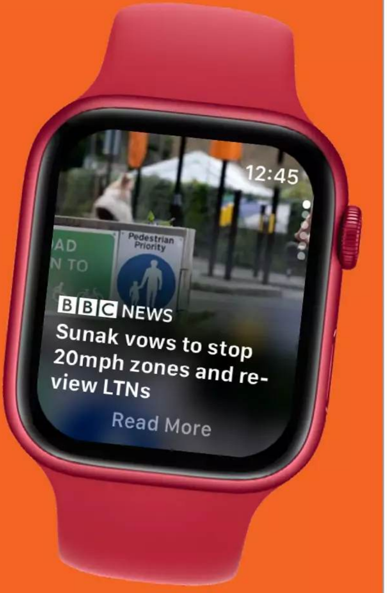
A hydrogen atom is made up of a positively charged proton and negatively charged electron revolving round it

Antihydrogen is the opposite, a negatively charged antiproton in the middle and a positive positron around it.

7 On a Mac's News app, there's a sidebar on the left-hand side of the app, unless you closed it. Click the Sidebar icon to open it again. Tap Saved Stories and your story is there.

The Siri Face


Up Next
12:44
6:55PM
Sunset
6HRS 10MIN
BBC News
Sunak vows to stop 20mph zones and...
306 KCAL
22 MIN
6 HR

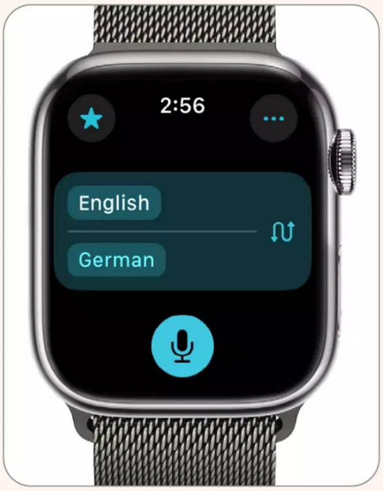

12:45
Pedestrian Priority
BBC NEWS
Sunak vows to stop 20mph zones and re-view LTNs
Read More

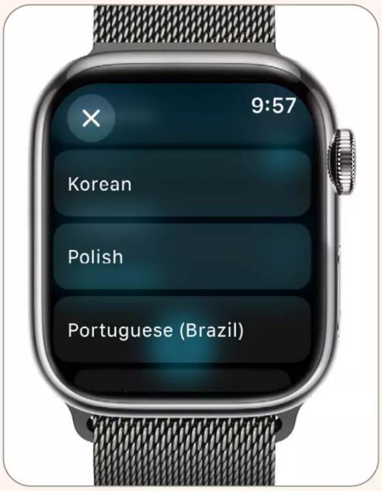
1 If you use the Siri watch face, you might get a notification about a story in the News app. If you do, tap it to go directly to that news story.

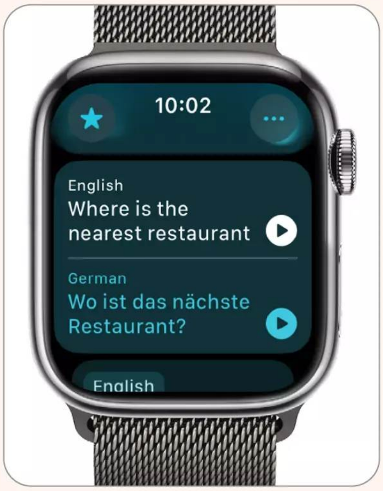
2 The news story opens on your Apple Watch in the usual way. You can then save it for later or review other stories, as always in News.

Translate App

The iPhone's popular translation app has now come to the Apple Watch. It supports 20 different languages, and translates in real time, on your wrist.







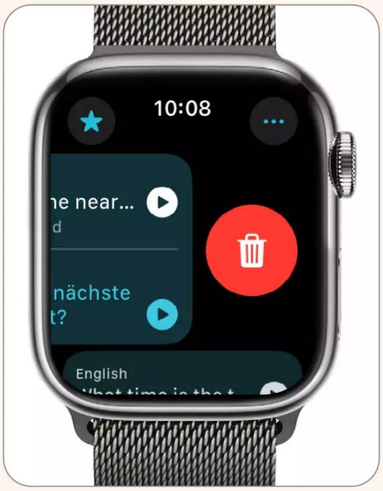
English
Where is the nearest restaurant

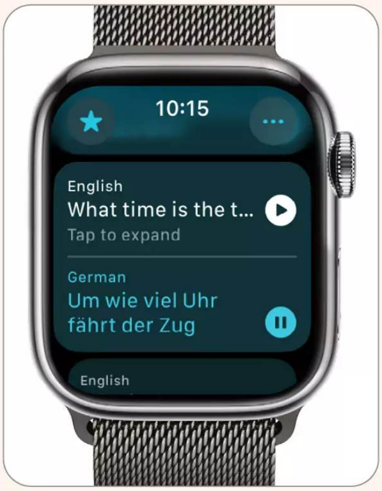
German
Wo ist das nächste Restaurant?

1 Open the Translate app. Two languages are displayed; your words will be translated *from* the top one (in white) *to* the lower one (in blue). Tap the winding arrow to change them around.

2 To change one of the languages, tap it for a list of available tongues. There are 20 on offer. Tap one, and it's made available for translation. You can even chose between UK and US English.

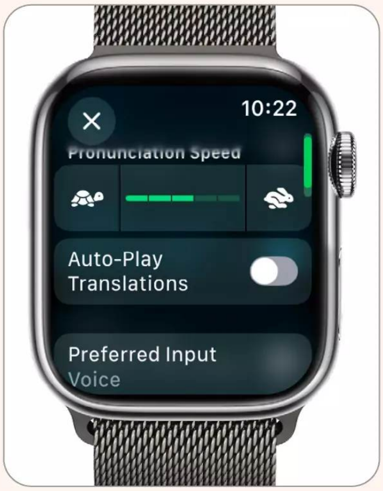
3 Tap the microphone icon, and speak in the upper (white) language. Your words are translated into the lower (blue) language. Scroll up to go back to the languages and the microphone





English
What time is the t...
Tap to expand

German
Um wie viel Uhr fährt der Zug



Pronunciation Speed

Auto-Play Translations

Preferred Input
Voice

4 Scroll down to see previous translations you've done using the app. If you want to delete one, swipe it left and tap the dustbin icon that appears. To favourite it, swipe it right and tap the star.

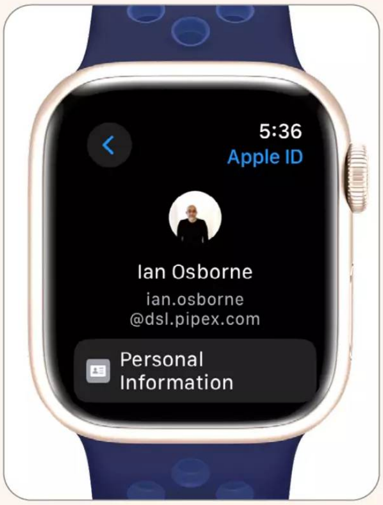
5 Next to the text is a play icon. Tap it to have your watch read it out loud; use the Digital Crown to set the volume. If the text is truncated on the screen, tap it to expand and see it all.

6 Tap the star (top left) to see translations you've favourited. Tap the three dots (top right) for settings. You can change the speed of the spoken text, and switch between voice and keyboard input.

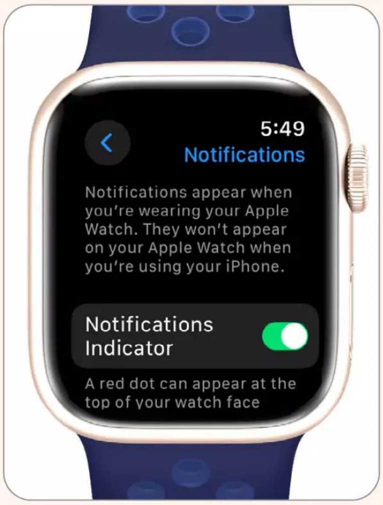
The Vitals App

The Vitals app helps you understand how your body recovers from exercise and injuries. If you wear your Apple Watch in bed, it can track key vitals such as heart rate, respiratory rate, wrist temperature, blood oxygen and rest duration. Over time, Apple Watch builds up a clear picture of these vitals' expected levels, and if any are out of sync with the average, the app lets you know.

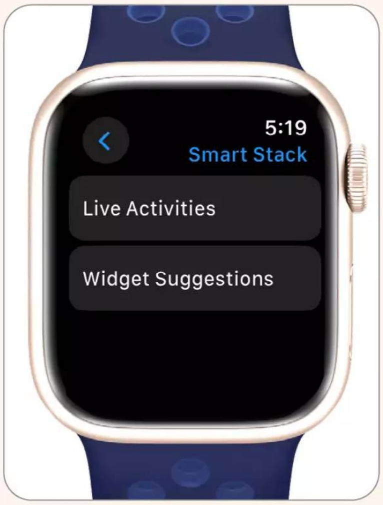
T W T F S S M
Respiratory Rate
14.6BrPM
Within Typical Range
WATCH


5:36
Apple ID
Ian Osborne
ian.osborne
@dsl.pipex.com
Personal Information

1 Every morning, you can review your vitals stats. If they're within the acceptable range, they're shown as blue dots on a blue bar, as seen here. Scroll the Digital Crown to review each vital in turn.


5:49
Notifications
Notifications appear when you're wearing your Apple Watch. They won't appear on your Apple Watch when you're using your iPhone.
Notifications Indicator ●
A red dot can appear at the top of your watch face

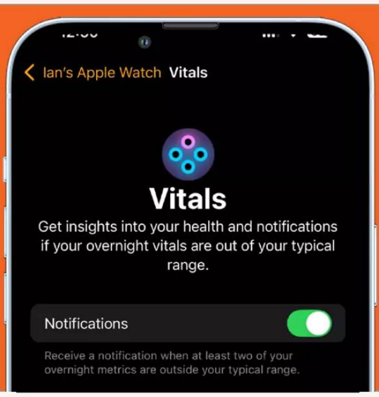
2 If some of your vitals are not within acceptable parameters, they're offered as pink dots that fall outside the blue bar. Tap the 'i' icon for more information about a vital, and how it works.


5:19
Smart Stack
Live Activities
Widget Suggestions

3 Tap the calendar app in the top left corner of the screen and you can see comparative stats for the last seven days for each vital. Use the Digital Crown to switch between vitals.

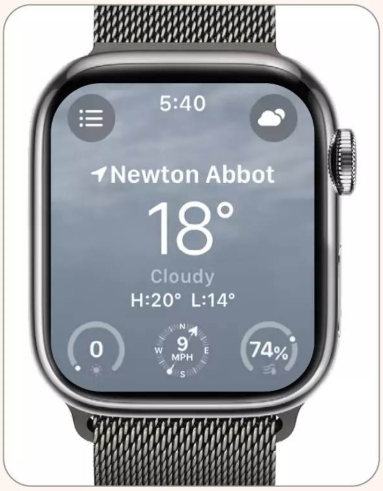
Vitals Notifications

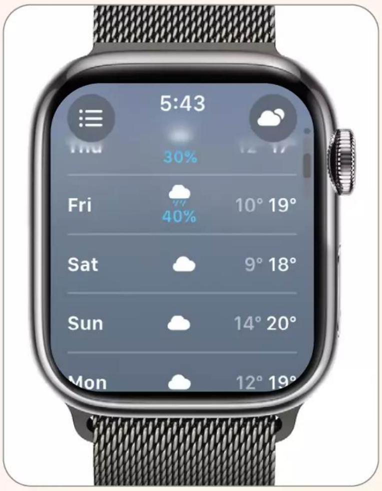
In the iPhone's Watch app, tap My Watch at the bottom of the screen, then tap Vitals. On the next screen, you can turn the app's notifications on or off. By default you get a notification when at least two of your overnight metrics are outside your typical range. We suggest you leave this on.

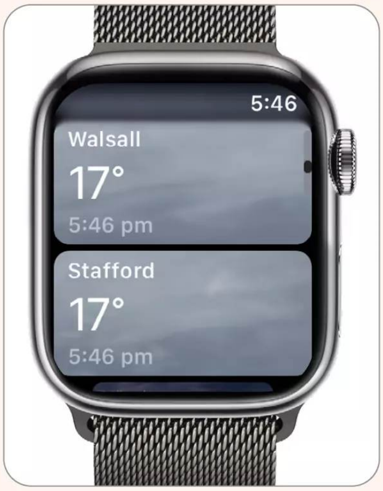

Ian's Apple Watch Vitals
Vitals
Get insights into your health and notifications if your overnight vitals are out of your typical range.
Notifications ●
Receive a notification when at least two of your overnight metrics are outside your typical range.

Watch the Weather

With the Apple Watch's Weather app, you need never get caught out in the rain without your umbrella again. Here's how to get the most from it.


5:40
Newton Abbot
18°
Cloudy
H:20° L:14°
0
9
MPH
74%

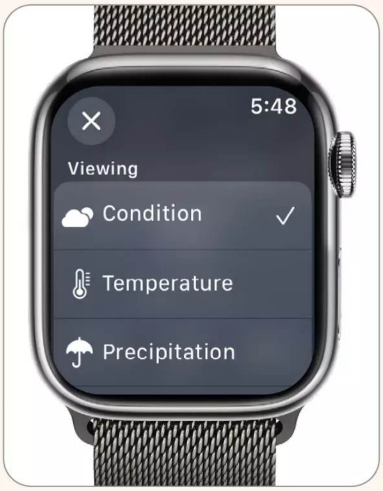

5:43
30%
Fri
40%
10° 19°
Sat
9° 18°
Sun
14° 20°
Mon
12° 19°

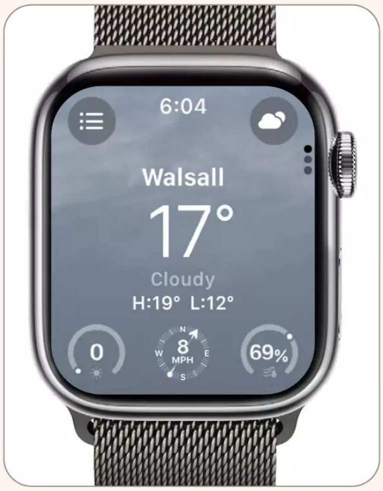

5:46
Walsall
17°
5:46 pm
Stafford
17°
5:46 pm

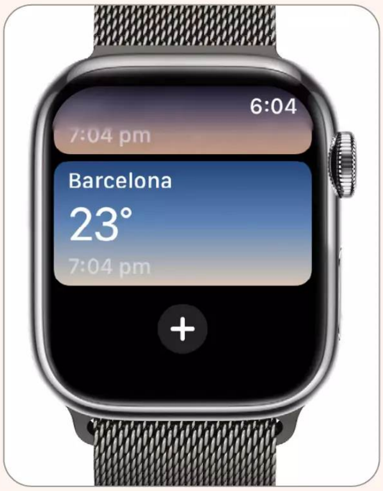
1. Open the Weather app on your Apple Watch to see the weather situation in your current location. Tap the screen repeatedly to cycle through various pieces of in-depth weather information.

2. Scroll up from this screen, using your Digital Crown, to see an hourly weather forecast for this location presented as a wheel, followed by a ten-day forecast offered as a list.

3. Tap the top-left corner of the screen for a list of locations you've added to your iPhone Weather app. At the top of the list is your current location, regardless of whether it's added.


5:48
Viewing
Condition
Temperature
Precipitation


6:04
Walsall
17°
Cloudy
H:19° L:12°
0
8
MPH
69%


6:04
7:04 pm
Barcelona
23°
7:04 pm
+

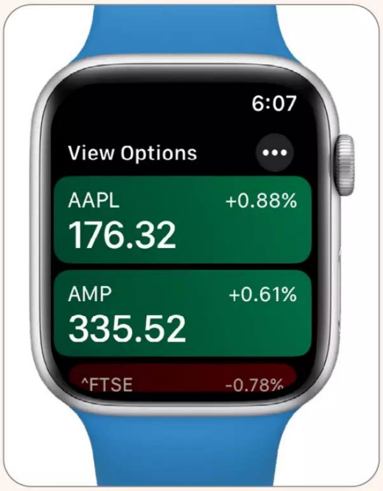
4. Turn the Digital Crown to the top of the main page and you see an icon showing a cloud. Tap it and you can choose to display Temperature, Conditions or Precipitation on the cities list.

5. Tap a city on your list to open the weather conditions for that location. This is very useful if you're planning a trip, and need to know whether to take your big coat and umbrella.

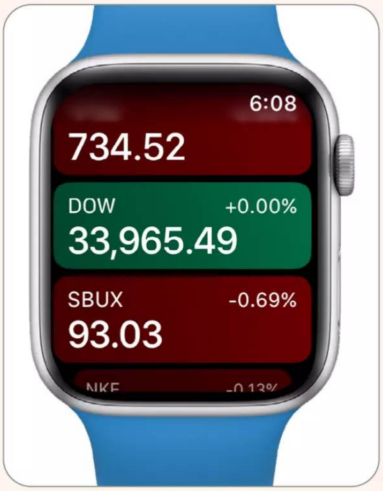
6. At the foot of the locations page there's a large '+' button. Tap it and enter the name of a town or city, and you can then add this locale to your Weather app, right from your wrist.

Follow Stocks

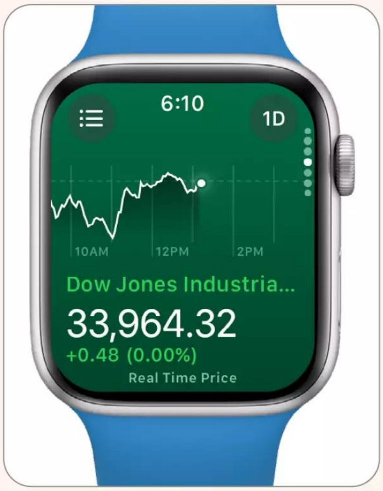
If you dabble in stocks, you've probably customised your iPhone's Stocks app so you can see how your investments are doing. See them on your watch too.


6:07
View Options
AAPL +0.88%
176.32
AMP +0.61%
335.52
^FTSE -0.78%

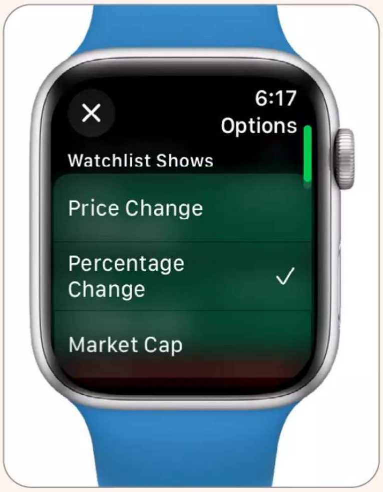
1 The Apple Watch has a Stocks app too. Open the Stocks app and you see the share price of the company you've set as your main stock. Prices are from the Nasdaq, and updated in real time.


6:08
734.52
DOW +0.00%
33,965.49
SBUX -0.69%
93.03
NKE -0.13%

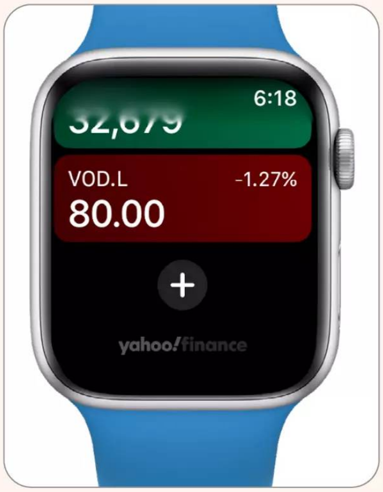
2 Scroll up from this screen using your Digital Crown to scroll through the other stocks in the list. Continue to scroll to work your way through them. If it's green, the price is going up; if it's red, it's going down.


6:10
1D
10AM
12PM
2PM
Dow Jones Industria...
33,964.32
+0.48 (0.00%)
Real Time Price

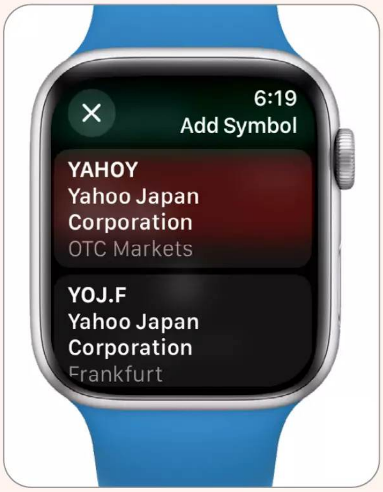
3 Tap one of the share prices for more information on the company in question. This includes a graph showing the price over time, the current share price, percentage change and more.


6:17
Options
Watchlist Shows
Price Change
Percentage Change ✓
Market Cap

4 At the top of the stocks list is a three-dots icon found in the top right corner. Tap it and you can change the information on the stocks list to Price Change, Percentage Change or Market Cap.


6:18
32,679
VOD.L -1.27%
80.00
+
yahoo!finance

5 At the foot of the stocks page there's a large '+' button. Tap it and enter the name of a company or its stock market abbreviation and you can add it to your list of displayed stocks.


6:19
Add Symbol
YAHOY
Yahoo Japan Corporation
OTC Markets
YOJ.F
Yahoo Japan Corporation
Frankfurt

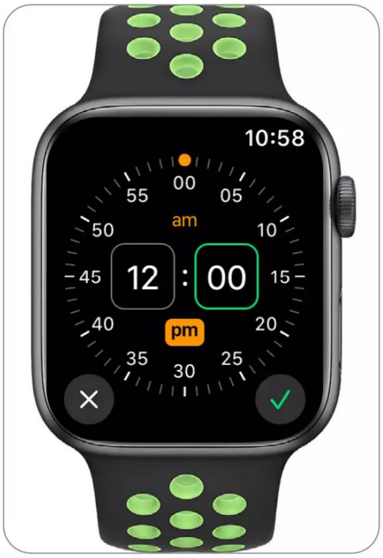
6 When adding a stock, you might find there's more than one listed company with the same name; American, Japanese and European arms, for example. Tap the one you want to add.

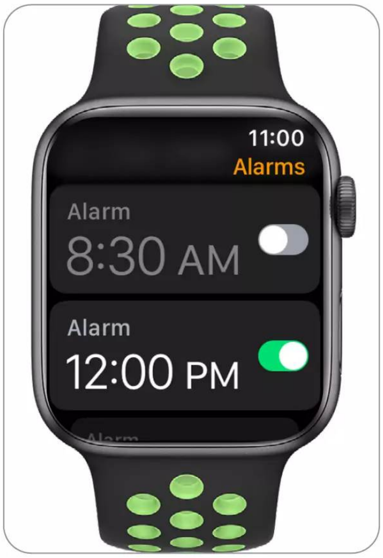
Stopwatch, Alarm Timer and World Clock on Watch

On the iPhone, the Stopwatch, Alarm, Timer and World Clock features are covered in a single app: the Clock app. On the Apple Watch, they're four separate applications but as they're fairly straightforward, we'll deal with them all together here. They're easy to find. The timers and clocks are the orange icons found either side of the Watch Face app on your app switcher.

11:03
World Clock
Newton Abbot
11:03
Today
7:06
7:04

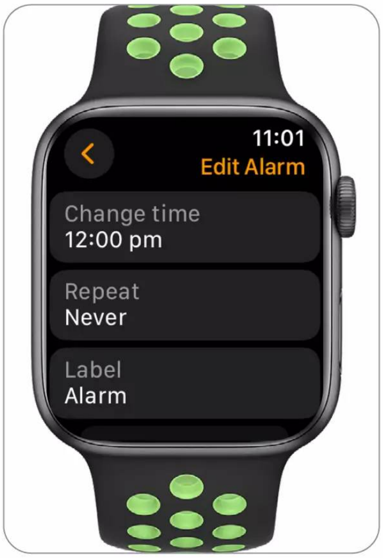
Alarms





Alarm
8:30 AM

Alarm
12:00 PM



Change time
12:00 pm

Repeat
Never

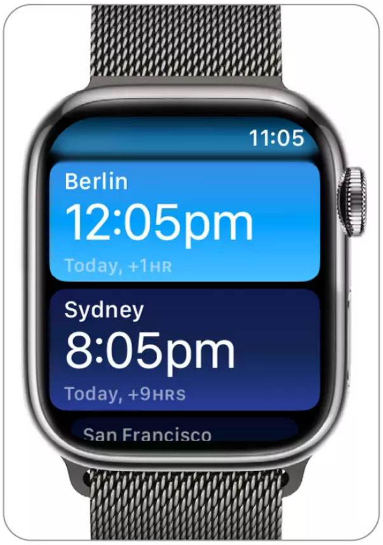
Label
Alarm

1 You can add an alarm directly from your Apple Watch. Open the Alarm app, scroll to the bottom and tap the plus button. Tap the hour, and turn the Digital Crown to set, then do the same for the minutes. Choose AM or PM. When you're done, tap the tick and the alarm is set.

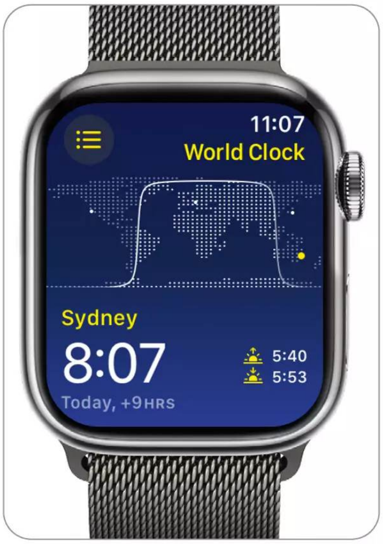
2 Your alarm joins those synced from your iPhone, and is presented in a list. To turn the alarms on and off, tap the switch to their right. Scroll up and down the list with the Digital Crown, or by swiping with your finger. Active alarms are switched on, showing green next to the switch.

3 To edit or delete an alarm, tap it. On this next screen, tap the first option to change its time. Further options allow you to set the alarm to repeat, maybe every day, week or month, or to give it a name. A Snooze option can be on or off, or tap the Delete option to get rid of it altogether.

World Clock

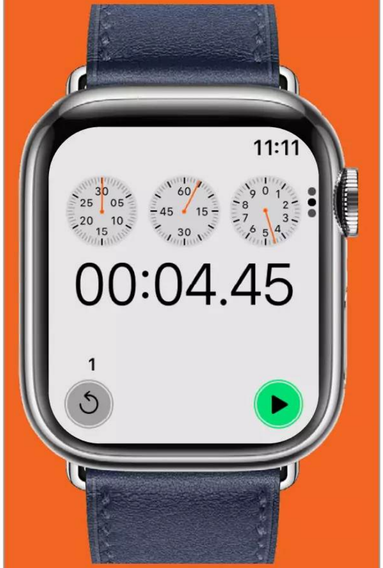

11:05
Berlin
12:05pm
Today, +1HR
Sydney
8:05pm
Today, +9HRS
San Francisco

1 Open the World Clock app and tap the three-lines icon (top left). The cities you've set up in the iPhone's Clock app appear here, as does your current location if you give permission. Use the Digital Crown to scroll up and down the list. You see local time and the time difference.

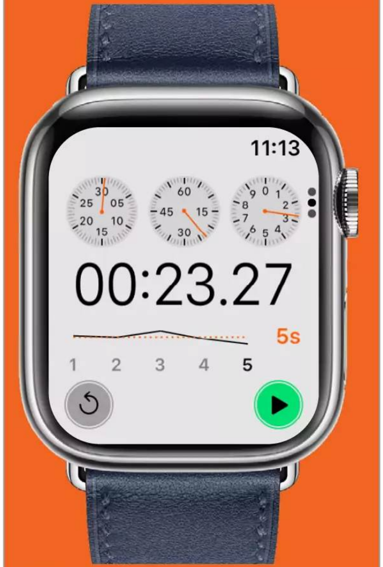

11:07
World Clock
Sydney
8:07
5:40
5:53
Today, +9HRS

2 Tap on one of the cities shown in the World Clock app for more details about the time in that location, including sunrise and sunset for the current time of year. To add a new city to your Apple Watch, on the World Clock page, scroll up to the large plus button and tap it.

Stopwatch

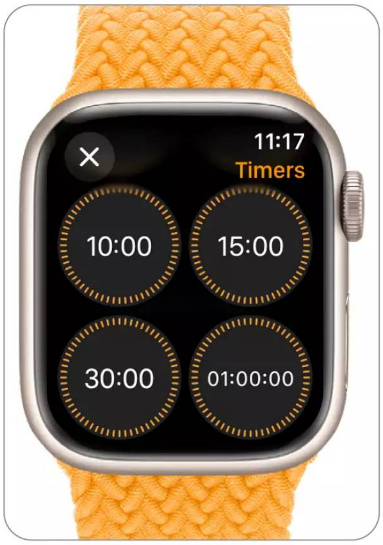

11:11
00:04.45
1

1 In the Stopwatch app, tap the green button to start timing and the red button to stop. Tap the curly arrow (bottom left) to reset it. If you'd prefer a different sort of stopwatch, scroll the Digital Crown before using the stopwatch to toggle Digital, Analogue, Graph or Hybrid.

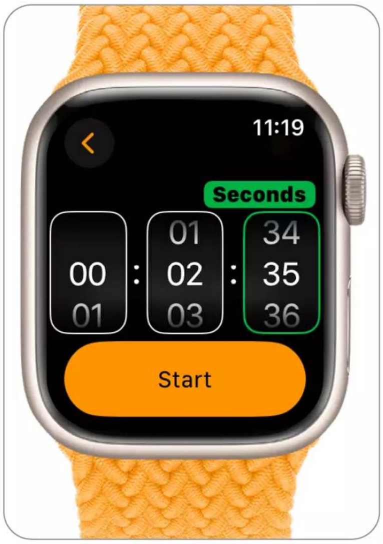

11:13
00:23.27
5s
1
2
3
4
5

2 While the stopwatch is running, tap the grey button (bottom left) to record a lap time without stopping the timer. You can time multiple laps this way. The Graph stopwatch is especially useful for timing laps, so you can see how well someone performs on each lap of a race.

Timer


11:17
Timers
10:00
15:00
30:00
01:00:00

1 The Timer function is like the stopwatch, but it counts down instead of up, and gives an alarm when it reaches zero. Just the thing for in the kitchen. When you open the app, there are ready-made timers of between one minute and two hours available; tap one to use it.


11:19
Seconds
00
01
01
02
03
34
35
36
Start

2 If you want to set a custom countdown timer, scroll to the top of the screen and tap the plus button. The three dials give you hours, minutes and seconds. Tap on one and move the Digital Crown to change it. When you've finished, tap Start and your countdown begins.

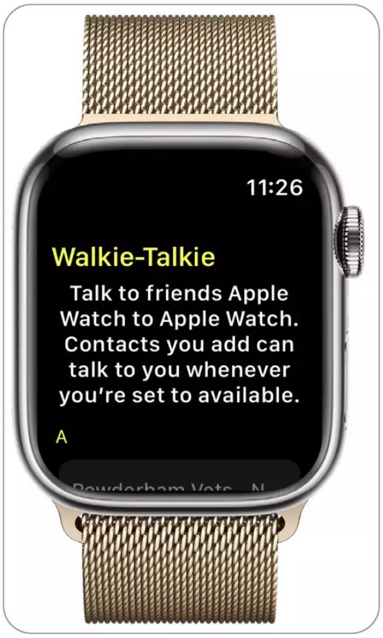
The Watch Walkie-Talkie

If you have an Apple Watch Series 1 or later, running watchOS 5.3 or later, you can make walkie-talkie calls right from your wrist. It works just like a physical walkie-talkie, where you must hold a Talk button while speaking, and release it while the other person presses Talk and speaks. The Walkie-Talkie app isn't available in some territories outside the US and UK.

11:31
James
James is talking

Setting Up Walkie-Talkie

Before you can use your Walkie-Talkie app on your Apple Watch, you have to set it up and invite a few friends to converse with you using this feature. Here's how to get started with the Apple Watch's Walkie-Talkie app.

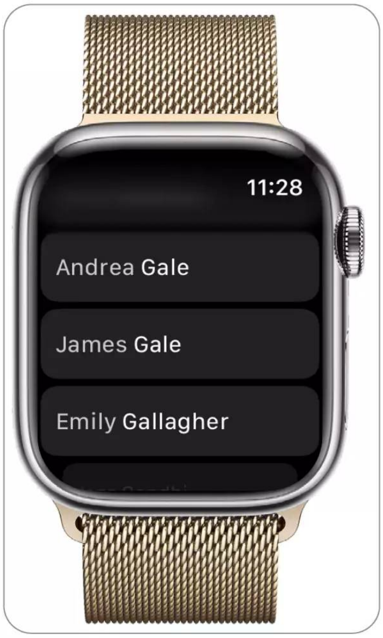


11:26

Walkie-Talkie

Talk to friends Apple Watch to Apple Watch. Contacts you add can talk to you whenever you're set to available.

A

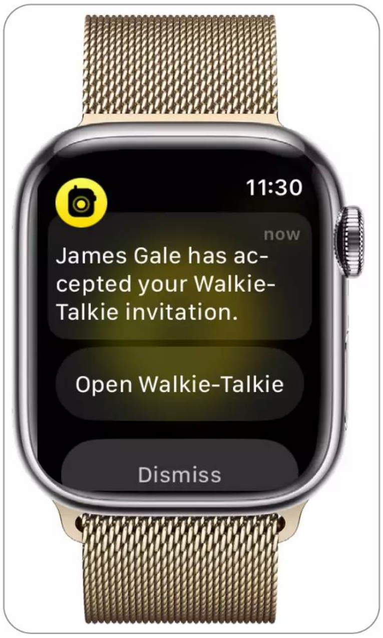


11:28

Andrea Gale

James Gale

Emily Gallagher



11:30

now

James Gale has accepted your Walkie-Talkie invitation.

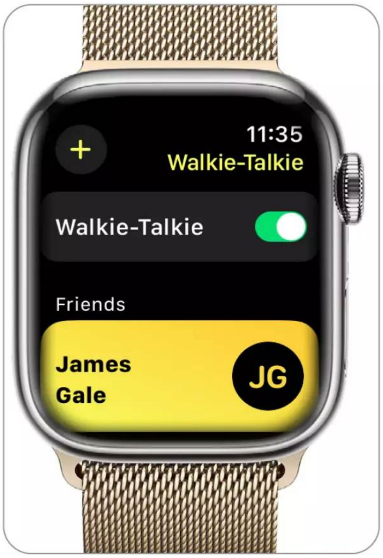
1 Open Walkie-Talkie on your Apple Watch; it's a yellow icon with a black walkie-talkie on it. On the first screen, it explains that you need to add friends to the app before talking to them.

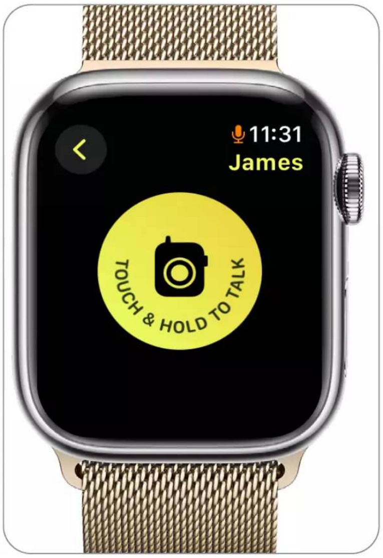
2 Scroll up the screen for a list of your contacts, drawn from the Contacts app. Find someone you wish to add, and tap their name. You're invited to turn on the Walkie-Talkie app.

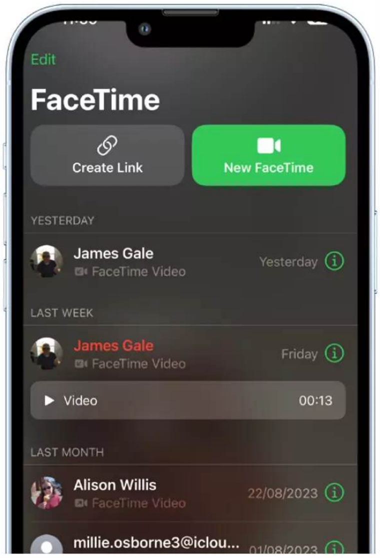
3 The people you add must accept your invitation. When they do, you can converse using the Apple Watch's Walkie-Talkie app, using the watch's built in mic and speakers.

Using Walkie-Talkie

When you're set up and have a few friends registered with Walkie-Talkie, you can make and receive two-way radio calls. It's not great for long conversations, but for a quick spoken message, it's great. And it's fun too!


+
11:35
Walkie-Talkie
Walkie-Talkie
Friends
James Gale
JG


11:31
James
TOUCH & HOLD TO TALK


Edit
Create Link
New FaceTime

FaceTime

YESTERDAY

James Gale – FaceTime Video – Yesterday

LAST WEEK

James Gale – FaceTime Video – Friday

Video 00:13

LAST MONTH

Alison Willis – FaceTime Video – 22/08/2023

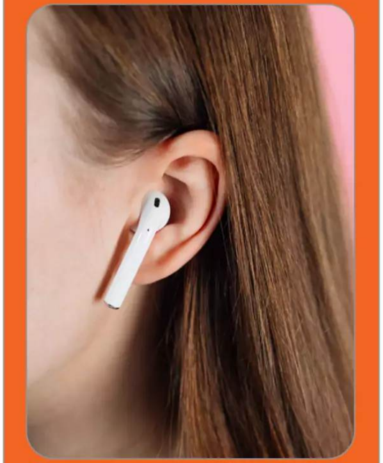
millie.osborne3@iclou...

1 To initiate a conversation, open the app and make sure it's switched on. Tap one of your friends to initiate a call. Add more friends by tapping the plus button at the top of the page.

2 While talking on Walkie-Talkie, you must tap and hold the big yellow button on the screen. When you've finished, release it so the other person can talk. Use the Digital Crown to change the volume.

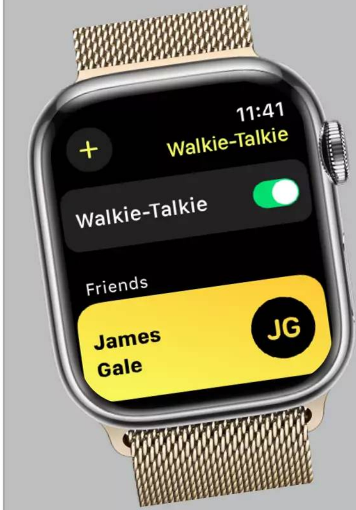
3 To use the Walkie-Talkie app, you must have set up FaceTime on your iPhone. You also need an Internet connection, either through your iPhone or directly on your watch.

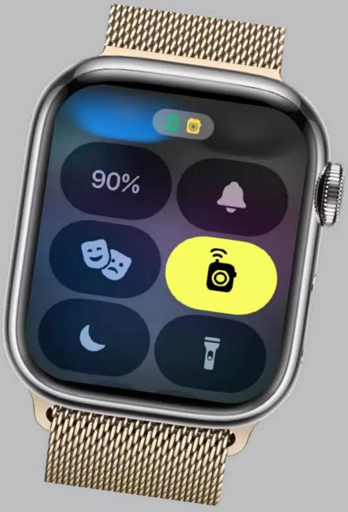
Use Earbuds



It's a good idea to use earbuds or headphones with a built-in mic connected to your Apple Watch when using the Walkie-Talkie app. It saves having to lift the phone to your mouth and tapping the screen at the same time.

Turning it On and Off


11:41
+
Walkie-Talkie
Walkie-Talkie
Friends
James Gale
JG



1 To turn off the Walkie-Talkie feature on your Apple Watch, open the Walkie-Talkie app and tap the switch at the top of the screen.

2 You can also press the side button to open the control centre, and then tap the Walkie-Talkie icon. It turns yellow when it's on.

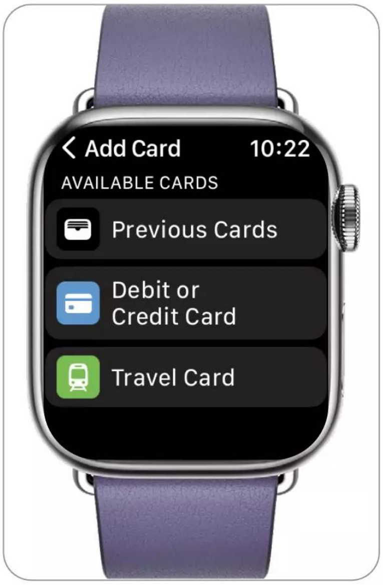
Wallet and Apple Pay on Watch

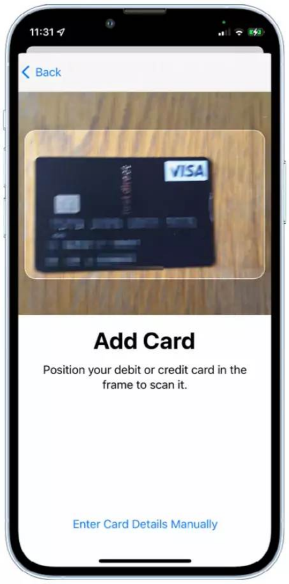
With Apple Pay, you can leave your wallet at home and shop with your iPhone and Apple Watch. Instead of picking through your purse or wallet trying to find the correct credit card, you can store your payment cards on your iPhone 6 or later versions and use them to make payments at the tills. Here's how to set up and use Apple Pay on your iPhone and Apple Watch.

12:19
Express Mode
PAYMENT CARDS FOR PUBLIC TRANSPORT
first direct Debit Card
···· 6619
first direct Credit Card - Visa
···· 0048

Storing Credit and Debit Card Information

Before you can use Apple Pay at the tills, you need to store your credit or debit card information on your iPhone. It appears on your Apple Watch too, so you can use Apple Pay to make purchases from your phone or your watch.

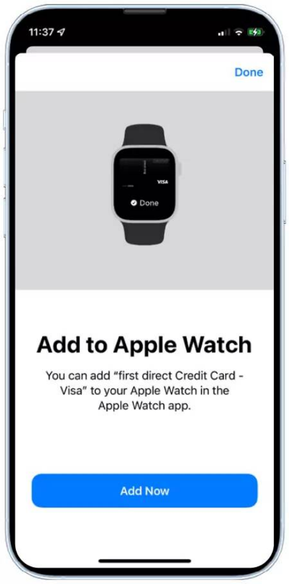

Add Card
10:22
AVAILABLE CARDS
Previous Cards
Debit or Credit Card
Travel Card


11:31
Back
VISA

Add Card

Position your debit or credit card in the frame to scan it.

Enter Card Details Manually


11:37
Done
VISA
Done

Add to Apple Watch

You can add "first direct Credit Card - Visa" to your Apple Watch in the Apple Watch app.

Add Now

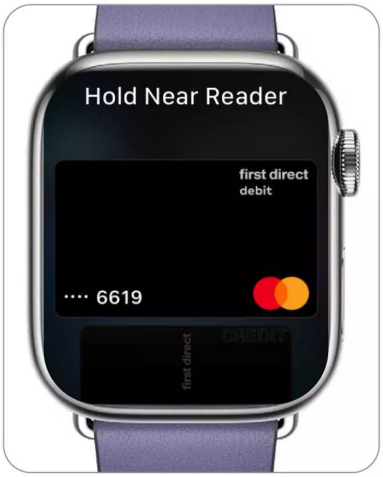
1 Open the Wallet app on your watch and you're invited to add a credit or debit card, or a travel card. If you've previously had cards stored on it, you can re-add them here too, or tap the three-dots icon to add a new one. You can add them on the watch, but it's easier to use your iPhone.

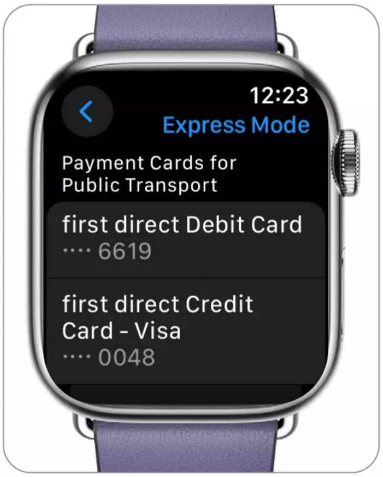
2 To add a new card, open your iPhone's Wallet app and tap Add. Choose whether to add a credit, debit or travel card, then tap Continue. Then use your iPhone's camera to take a photo of the card in question, keeping it in the frame. Alternatively, type the information in manually.

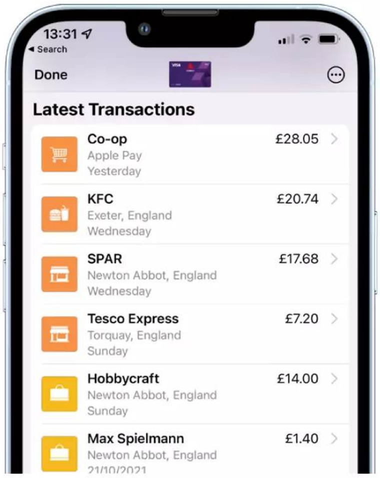
3 Tap Next, and you're asked for the security code from the back of the card. Agree to the T&Cs and you can add the card to your Apple Watch as well. Follow the on-screen instructions to complete. The first card you enter is the default payment card, but you can change this in Settings.

Using Apple Pay with Your Watch

If the store you're shopping in takes Apple Pay, making a payment from your Apple Watch is easy. For security reasons, you have to be wearing your watch, and it has to be unlocked with your passcode. Here's how it works.


Hold Near Reader
first direct debit
···· 6619


12:23
Express Mode
Payment Cards for Public Transport
first direct Debit Card
···· 6619
first direct Credit Card - Visa
···· 0048


13:31
◂ Search
Done
Latest Transactions

Co-op £28.05
Apple Pay
Yesterday

KFC £20.74
Exeter, England
Wednesday

SPAR £17.68
Newton Abbot, England
Wednesday

Tesco Express £7.20
Torquay, England
Sunday

Hobbycraft £14.00
Newton Abbot, England
Sunday

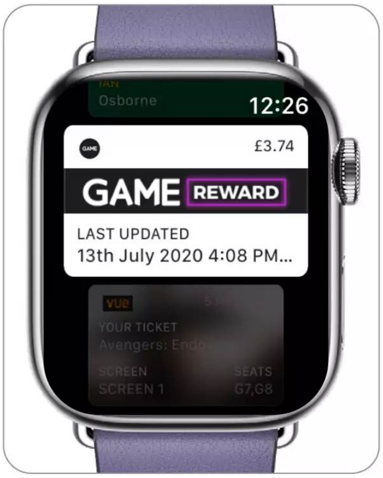
Max Spielmann £1.40
Newton Abbot, England
21/10/2021

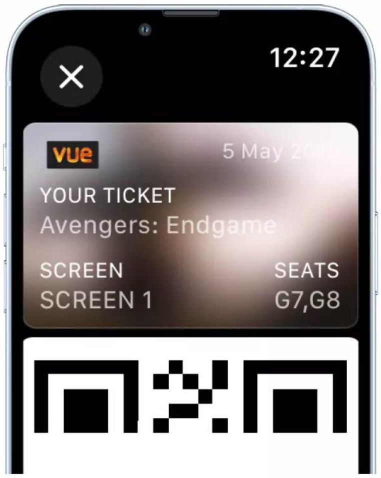
1 To access your cards on your Apple Watch, first double-click the side button. Scroll through your cards with the digital crown, and when the one you want to use is showing, hold your watch near the contactless payment terminal. It vibrates to confirm payment.

2 Using Express Mode, you can use a card without double-tapping the side button first. To turn it on, tap a card, then tap the 'i' for information. Scroll down to Express Mode, tap it, then choose which card you want to use in Express Mode. Tap it, then confirm with your passcode.

3 You can review payments you've made on your cards using your iPhone or Apple Watch. On your phone, open the Wallet app, tap the card you want to check and it's displayed with recent transactions listed underneath. If they aren't, contact your bank for assistance.

Storing Other Cards


Osborne
12:26
£3.74
GAME REWARD
LAST UPDATED
13th July 2020 4:08 PM...


12:27
vue
YOUR TICKET
Avengers: Endgame
SCREEN
SCREEN 1
SEATS
G7,G8

1 If you add a loyalty card's iPhone app, it might support the Wallet app too. If it does, it will appear on your Watch. In some territories, you can store travel cards and use them at checkpoints.

2 If you buy a compatible ticket or pass online, it appears on both your iPhone and Apple Watch. Use it like a paper ticket. In watchOS 11, information such as show times, directions and more are included.

Tap to Cash

With Tap to Cash, money can be transferred through Apple Cash by tapping your Apple Watch against another Apple Watch or an iPhone, or using two iPhones. It's private, secure and you don't need to share phone numbers or email addresses. At the time of writing, this – and other Apple Cash services – is only available in the USA, but it should be rolled out in other territories over time.

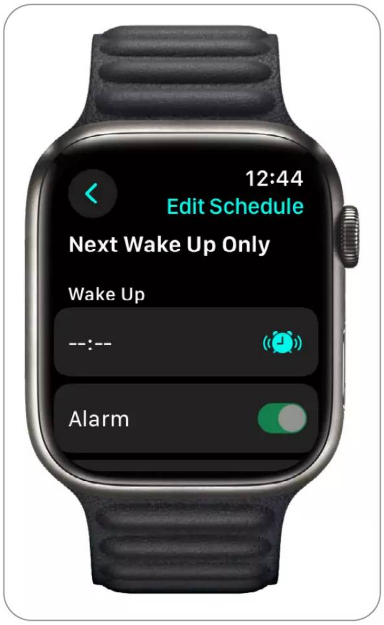
The Watch Sleep App

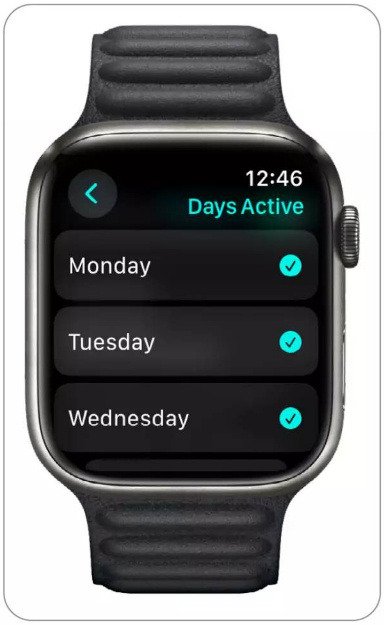
If you wear your Apple Watch in bed, you can use it to track your sleep, create bedtime schedules and make sure you meet your sleep goals. You can set up sleep goals on a per-day basis, so (for example), you can have a lie-in at the weekend, and still get up for work on weekdays. With our help, you can use the Sleep app to get a better night's sleep.

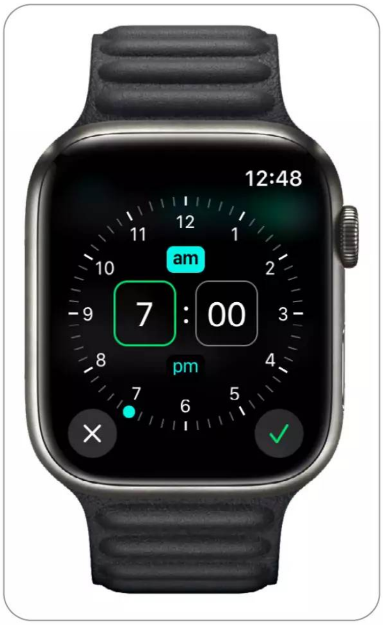
12:57
am
10
30
pm

Setting Up Sleep

Open the Sleep app on the Apple Watch; it's the blue icon with a bed on it. You can then set it up and use it to help you get a good night's sleep. You can even use Sleep Tracking to see how well you slept during the night.



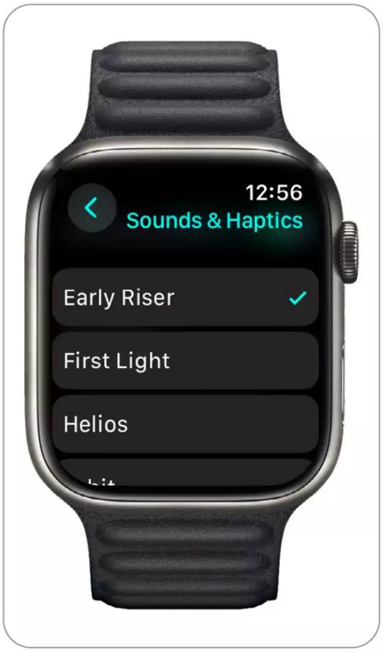




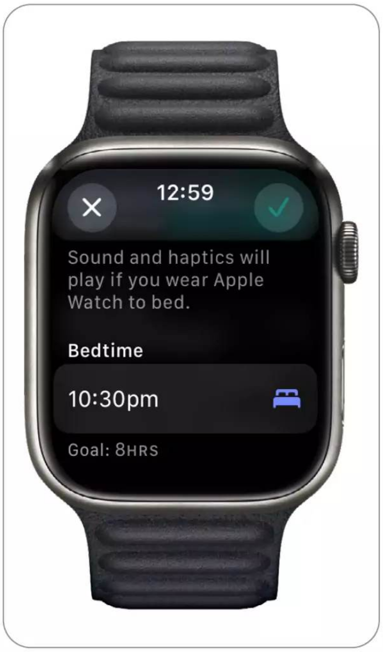
1 Open the Sleep app and tap the alarm icon. Scroll to Set Up Your First Schedule and set one up, configuring things like wake-up time, bedtime, sleep goal, sounds and haptics, alarms and more.

2 You can set up different schedules for different days of the week. Tap the Every Day button, and you're taken to a list of days, all ticked by default. Untick the ones you want to exclude from the schedule.

3 Tap the time listed under Wake Up and set a time at which you want to be woken. Tap the tick when done to go back to the previous screen, where you can switch the alarm on or off.

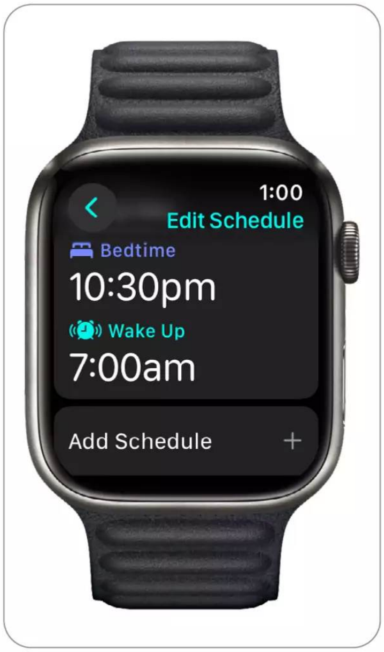

12:56
Sounds & Haptics
Early Riser ✓
First Light
Helios

4 Tap Sounds & Haptics, and you can choose an alarm sound to play, assuming you wear your watch in bed. Tap the options one by one to see what they sound like, then tick the one you settle on.

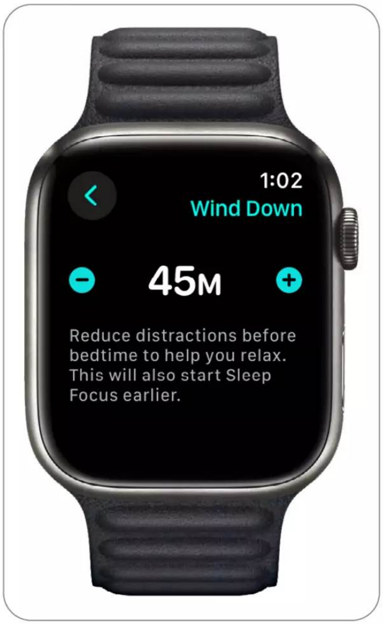

12:59
Bedtime
10:30pm
Goal: 8HRS

Sound and haptics will play if you wear Apple Watch to bed.

5 Finally, there's the Bedtime setting at the foot of the Bedtime settings page. Tap the currently stored time and set a time for when you want to go to bed. When you've finished, tap the tick icon.

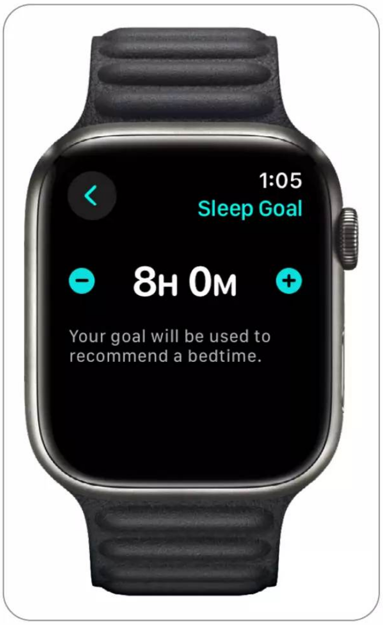

1:00
Edit Schedule
Bedtime
10:30pm
Wake Up
7:00am
Add Schedule +

6 Your schedule is displayed. If you want to add another – maybe if you've set up a weekday one for work, and now want to add a weekend one – tap Add Schedule. Otherwise tap the chevron to go back.


1:02
Wind Down
45M

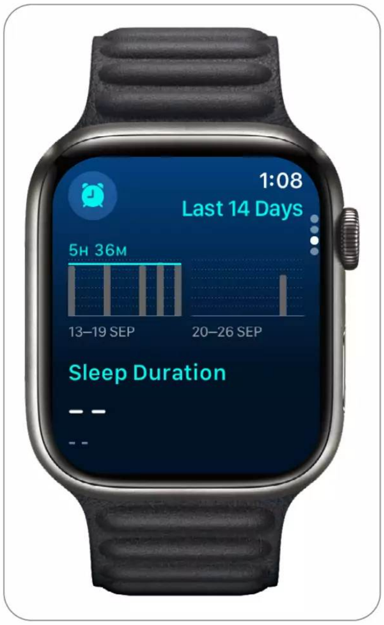
Reduce distractions before bedtime to help you relax. This will also start Sleep Focus earlier.

7 Set a wind-down time for you to relax and unwind for a specified period before you go to bed, to help you get to sleep more easily. Use the '+' and '-' buttons to set the length of time before bedtime activates.


1:05
Sleep Goal
8H 0M

Your goal will be used to recommend a bedtime.

8 You can also enable a feature called Sleep Goal, which sets the amount of time you wish to remain asleep at night. This goal is used by the Sleep app to recommend you a time to go to bed.


1:08
Last 14 Days
5H 36M
13–19 SEP
20–26 SEP
Sleep Duration
– –
- -

9 When you've finished, tap the chevron in the top left corner. You see a screen that shows your sleep patterns. This is the Sleep app's opening screen. Scroll it up and down to see more information.

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